

Erika Tomlinson, PsyD, a Psychologist in Private Practice

Get to know Psychologist Dr. Erika Tomlinson, who serves patients throughout the State of California.



New York City, New York Mar 8, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Tomlinson is a licensed clinical psychologist and clinical neuropsychologist based in San Francisco, California, currently accepting new patients for telehealth sessions.

With a dedication to alleviating suffering and guiding individuals through life's most challenging moments, her practice embodies a commitment to holistic wellness and personalized care. Her repertoire extends to a diverse array of specialties, from navigating the intricate paths of post-traumatic stress disorder (PTSD) and depression to addressing the complexities of chronic health conditions and addictive behaviors. Each individual who walks through her door, whether seeking assessment or treatment, is met with the promise of comprehensive support tailored to their unique goals, values, and

needs.

Pertaining to her educational pursuits, Dr. Tomlinson completed her Doctorate in Clinical Psychology and Master of Science in Clinical Psychology through the PGSP-Stanford PsyD Consortium, following undergraduate studies in Psychology at the University of Washington and English at the University of California, Los Angeles. She further honed her expertise through prestigious fellowships at Stanford University, the VA Palo Alto Health Care System, Harvard Medical School, Beth Israel Deaconess Medical Center, and the Massachusetts Mental Health Center.

Driven by a profound empathy for those in distress, she embarked on her journey in psychology with a simple yet profound mission: to ensure that no one suffers alone. This ethos permeates her therapeutic approach—an approach characterized by warmth, understanding, and collaboration. Committed to authenticity, she invites her clients to embark on a journey of self-discovery and healing, where their thoughts and perspectives are honored and integrated into the therapeutic process.

Drawing inspiration from the interplay between neuroscience and human consciousness, Dr. Tomlinson's fascination with neuropsychology blossomed. She recognizes the intricate dance between biological processes and psychological well-being, weaving together elements of integrative medicine to offer a truly holistic approach to healing. For her, treating the whole person means embracing each individual with respect, kindness, empathy, and dignity.

Flexibility lies at the core of her treatment philosophy, with a range of modalities and interventions tailored to suit each client's unique journey. From evidence-based practices like Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) to the nurturing embrace of mindfulness and meditative practices, her toolbox is as diverse as the individuals she serves.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

Outside of the office, Dr. Tomlinson enjoys most outdoor activities, especially motorsports, for which she received her racing license in 2019.

Learn More about Dr. Erika Tomlinson:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85020418-Erika-Tomlinson-Psychologist> or through her website, <https://www.drerikastomlinson.com/about>

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