

Miriam Franco, Psy.D., Leading Specialist in Psychotherapy, Treating Trauma, Health Trauma and Chronic Pain

Advancing Mental Health and Well-Being in Pennsylvania

New York City, New York Apr 8, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Miriam Franco, Psy.D., is a distinguished psychologist and Licensed Clinical Social Worker making strides in the field of mental health. Her private telehealth practice focuses on treating various conditions such as anxiety, depressive disorders, autoimmune disorders, women's health issues, psychophysiological pain conditions (TMS), PTSD, traumatic grief, and health trauma. She is available for phone consultations, group workshops, and individual work.

Dr. Franco holds certifications in several therapy modalities including Advanced Certification in EMDR, Hypnosis, and Guided Imagery (GI) to treat trauma, PTSD, psychophysiological pain conditions, health trauma, traumatic grief, and stress reactions. She is also a Certified Multiple Sclerosis (MS) Specialist through the Consortium of MS Centers and treats individuals with MS and their caregivers. She incorporates these therapeutic modalities within her psycho-dynamic and relational analytic orientations which enables her to provide an integrated, multi-therapeutic approach to her clients. As a result, she is able to help clients when more traditional forms of talking therapy have been less effective.

Dr. Franco has a proven track record of helping individuals enhance their mental well-being. She has conducted Relaxation and Guided Imagery workshops nationally teaching people with auto-immune disorders, chronic stress, and caregivers to quickly and effectively lower reactivity, reduce blood pressure and muscle tension, facilitate sleep and rest, and improve coping. She extends her expertise across a wide range of areas including college athletes, students seeking to improve their academic performance, brides aiming to destress during wedding preparations, and young women seeking to boost their confidence and inner beauty. She has trained healthcare professionals to apply Guided Imagery in various medical conditions, emphasizing greater personal freedom, growth, and healing. Her website offers her professionally recorded GI tracks including one to Defeat Dental Fear.

Moreover, Dr. Franco is a recognized psychotherapist in the treatment of chronic pain conditions, PTSD, health trauma, and somatoform disorders. She provides forensic PTSD evaluations and collaborates with a broad range of health practitioners in her treatment of chronic pain and health conditions.

In addition to her clinical practice, Dr. Franco holds various academic and community roles. She is a Professor Emeritus at Immaculata University and a Health Care Partner with the National MS Society. Remaining at the forefront of advancements in mental health care, Dr. Franco is a proud member of the National MS Society, the Multiple Sclerosis Association of America, Consortium of MS Centers, the Pennsylvania Society of Psychoanalytic Psychologists, the EMDR International Association, and the International Association for Relational Psychoanalysis and Psychotherapy.

Regarding her educational background, Dr. Franco earned her Master of Social Work degree from Smith Graduate School of Social Work and her Doctor of Psychology degree from Immaculata University Graduate School of Psychology in 1999. Additionally, she is a Certified Relational Psychoanalyst from the Institute for Relational Psychoanalysis of Philadelphia.

A multi-faceted individual, Dr. Franco has conducted pilot research studies on utilizing Relaxation and Guided Imagery to alleviate anxiety among MS patients (2008) and authored a review article on Post-

Traumatic Stress Disorder and Older Women (2207). She is frequently interviewed for her work in Guided Imagery and contributes regularly to MS patient publications, alongside hosting several podcasts on the subject. Dr. Franco has presented at several Consortium of MS Centers annual meetings, led major workshops on Relaxation and Guide Imagery for addressing the emotional aspects of MS, and offered sessions on Reducing Caregiver Stress at various Caregiver Associations.

Outside of work, Dr. Franco enjoys doing pilates, hiking, dancing, listening to music, and traveling. Her favorite place to vacation is the Outer Banks, North Carolina.

Learn More about Dr. Miriam Franco:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3092524-Miriam-Franco-psychologist-Phoenixville-PA-19460> or through her website, <https://imagerywork.com/>

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Source : Miriam Franco, Psy.D.

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