

## Amy Hecht, PhD, A Compassionate Guide on the Path to Healing and Growth

Empowering Individuals and Families Through Psychotherapy and Specialized Support



**New York City, New York May 2, 2024 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Hecht is a dedicated and experienced licensed psychologist based in Charlotte, North Carolina, whose passion lies in helping individuals and families navigate the complexities of life, identity, and relationships. With nearly 20 years of experience in private practice, she offers a safe and supportive environment where clients can explore their innermost thoughts and emotions to achieve personal growth and healing.

In her practice, she emphasizes the importance of establishing trust and understanding with her clients. She believes that psychotherapy is a collaborative process where individuals and therapists work together as a team to identify the sources of pain and struggles, and to develop practical solutions for moving forward. Her approach is characterized by skilled guidance, gentle support, and active engagement, ensuring that her clients feel heard, valued, and empowered throughout their therapeutic journey.

Specializing in adoption, she also works with couples and individuals on issues such as relationship difficulties, anxiety, depression, identity and sexual orientation. Dr. Hecht also provides testing and assessments for international adoptions.

Dr. Hecht's personal background as a lesbian, social justice activist, adoptive mom, and member of an extended birth family enriches her work and deepens her understanding of diverse identities and experiences. Her training at Howard University Counseling Center and Gallaudet University, coupled with her active involvement in professional associations, including the American Psychoanalytic Association and the American Psychological Association, reflects her commitment to staying current with the latest research and best practices in the field.

As a compassionate and inclusive therapist, she strives to create a welcoming space for individuals of all backgrounds and identities. Her involvement in organizations such as the Adoption and Foster Family Coalition and the Nepal Adoptive Families Association underscores her dedication to supporting marginalized communities and promoting mental health awareness.

For those seeking a supportive and knowledgeable guide on their journey to self-discovery and healing, Dr. Hecht offers a compassionate and comprehensive approach to psychotherapy that empowers individuals and families to thrive.

### **Learn More about Dr. Amy Hecht:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83280667-Amy-Hecht-Psychologist> or through her website, <https://hechtribas.com/amy/>

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