

Elizabeth Owen, PhD: A Compassionate Force in Clinical Psychology and Therapy

Transforming Lives in Forest Hills with Expertise in Trauma, Anxiety, and Forensic Psychology



New York City, New York Jan 16, 2025 ([IssueWire.com](https://www.issuewire.com)) - Elizabeth Owen, PhD, a licensed clinical psychologist and therapist with LifeStance Health in Forest Hills, New York, is proud to announce her commitment to providing compassionate, evidence-based mental health services to patients aged 22 to 65 and beyond. With over two decades of experience in various clinical and forensic settings, Dr. Owen has established herself as a reliable resource for individuals facing challenges such as trauma, depression, anxiety, psychosis, and addiction.

Dr. Owen's practice is rooted in a profound respect for her patients' unique experiences, which informs her eclectic approach to therapy. While psychodynamic theory serves as the foundation of her practice, she is well-versed in multiple treatment modalities, including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Depth Psychology, and Eye Movement Desensitization and Reprocessing (EMDR). This diverse skill set allows her to tailor her therapeutic techniques to meet the specific needs of each individual.

A graduate of Teachers College, Columbia University, Dr. Owen earned her Doctor of Philosophy Degree in Clinical Psychology in 2001. Since graduating she has served her alma mater as an Adjunct Associate Professor, where she imparts her knowledge and experience to the next generation of psychologists. Dr. Owen's dedication to education reflects her belief in lifelong learning, a value she instills in her students and patients alike.

In addition to her clinical work, Dr. Owen is a published author, contributing to the fields of trauma and forensic psychology. Her research has been recognized within the psychological community, and she remains an active member of the New York State Psychological Association. This involvement allows her to stay at the forefront of developments in mental health and to advocate for the importance of psychological services in society.

At LifeStance Health, Dr. Owen provides both in-office and telehealth services, ensuring accessibility for her patients. Her holistic approach and extensive background make her a valuable ally for anyone seeking support on their mental health journey.

Learn More About Dr. Elizabeth Owen:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1039663-Elizabeth-Owen-Psychologist> or through LifeStance Health, <https://lifestance.com/provider/psychologist/ny/forest-hills/liz-owen/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Elizabeth Owen

[See on IssueWire](#)