

Juliane Nguyen, Psy.D.

Bio

Juliane Nguyen, PsyD, is currently completing supervised postdoctoral hours while preparing for licensure as a psychologist. She earned her Master's and Psy.D. in Clinical Psychology from Divine Mercy University in Sterling, Virginia, and completed her doctoral internship at Immaculate Heart of Mary Counseling Center through the Nebraska Internship Consortium of Professional Psychology. Her clinical training includes experience in elementary and middle school settings, private practice, the DC court system, and outpatient community mental health. Her doctoral training included specialized preparation in the ethical and clinically appropriate integration of spirituality and religious concerns into psychotherapy.

Dr. Nguyen provides therapy and psychological assessment services to children, adolescents, and adults. She works with individuals experiencing anxiety disorders (including obsessive-compulsive disorder and selective mutism), depression, ADHD, grief and loss, trauma, adjustment to life transitions, self-esteem, body image, and identity concerns, relational and behavioral difficulties, and suicidality and self-harm. She also conducts cognitive, academic, emotional, and personality assessments to support diagnostic clarification and treatment planning.

Dr. Nguyen believes no one should have to face life's challenges alone and aims to walk with clients as they move through difficulties and toward hope and healing. Her approach to therapy is collaborative and client centered. She utilizes an integrative treatment approach with primary emphasis on Cognitive Behavioral Therapy (CBT), while incorporating interventions from Acceptance and Commitment Therapy (ACT), psychodynamic and emotion-focused approaches, play therapy, and client-centered frameworks. When relevant to a client's values, she integrates spiritual or religious considerations into treatment.

Clinical Skills:

- Individual therapy (children, adolescents, and adults)
- Psychological assessment (cognitive, academic, emotional, and personality)
- Depression & Anxiety disorders (including OCD)
- Grief and loss
- Trauma
- Self-esteem and identity concerns
- Relationship and behavioral concerns
- Suicidality and self-harm
- Attention-Deficit/Hyperactivity Disorder (ADHD)