

Lori Klett Roberto, Ph.D., 20491

Clinical Psychologist

Health and Wellness Psychology, Psychotherapy

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About

It is with great pleasure that Dr. Roberto joins the Joy of Medicine program. Her interest in working with physicians stems from both personal and professional experiences. Dr. Roberto has witnessed both the joys and hardships of medical school, residency, fellowship, various career stages, and nursing school, through her husband, a local physician and her daughter, a registered nurse. Her pre and post-doctoral specialty training in Clinical Health Psychology offered the vantage point of working in different health care settings over the years, from inpatient hospital settings to outpatient medical clinics. Working with multidisciplinary health care teams has been a career highlight. Dr. Roberto's experiences will allow her to understand and have compassion for the challenges physicians face. She will find ways to celebrate and affirm the value of a physician's unique life and vocation. In her spare time, Dr. Roberto enjoys cycling, singing, hiking, and travel.



Services

Dr. Roberto's practice specialties include Stress Management, Work/Life Balance, Coping with Illness or Injury, Life Transitions, Anxiety, Depression, Perfectionism, Living with Chronic Pain, Health Behavior Change, Eating Disorders, Weight or Body-Image Issues, Insomnia & Sleep Disorders, Self-care and Healthy Relationships. Dr. Roberto uses an integrative approach, which depending on the situation and person, could include cognitive behavioral strategies, mindfulness tools, acceptance and commitment therapy, or relational and psychodynamic work. The office is fully ADA accessible and has ample parking. Dr. Roberto offers HIPAA compliant and secure video or phone sessions, as well as "Walk & Talk Therapy."

Education and Experience

Private Practice—Operating since 2011

Ph.D., Clinical Psychology, DePaul University

M.A., Psychology, San Diego State University

B.A., Psychology, University of California, Irvine

Professional Memberships

American Psychological Association

California Psychological Association

Sacramento Valley Psychological Association

American Society of Clinical Hypnosis