

# Amy J. Ahlfeld, Psy.D., PSY 24598

Licensed Clinical & Consulting Psychologist

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## About

From her experience, Dr. Ahlfeld is aware of the challenges medical practitioners face and understands the importance of personal well-being. A key ingredient for practitioners to maintain their energy and effectiveness, is their ability to summon their resiliency, resourcefulness, relationships and relevance. Dr. Ahlfeld specializes in providing behavioral interventions and frequently consults with physicians and business executives on how to enhance life satisfaction. Her areas of interest include helping clients manage conflict, life transitions and changing negative patterns and habits. Throughout her professional and personal journey, Dr. Ahlfeld has helped many practitioners develop strategies for sustaining and developing themselves, and it is her pleasure to assist others to deepen their own strengths and abilities. In her spare time, Dr. Ahlfeld enjoys spending time with family and friends, practicing yoga, drinking tea, and being outdoors.



## Services

Dr. Ahlfeld's areas of expertise include Behavioral Health Issues such as Weight Management, Sleep Disorders, Parenting Issues, Anxiety, Depression and Trauma. She specializes in job performance of women and minorities in the workplace, which stems from her dissertation research. Dr. Ahlfeld's therapeutic and coaching approach is grounded in an attachment/relationship-oriented framework utilizing strategies from cognitive behavioral methods and strength-based, positive psychology frameworks. She is called as a frequent consultant due to her energetic, direct style that is balanced with knowledge and experience.

## Education and Experience

Independent Private Practice— Operating since October 2011

PsyD., Clinical Psychology, Alliant International University

B.A., Psychology, Women's Studies, University of Michigan

Certified Treatment Provider for the State of California, UCLA Gambling Studies Program

## Professional Memberships

Sacramento Valley Psychological Association—President

California Psychological Association—Government Affairs Steering Committee Chair

California Psychological Association—Board Member