

## **Dr. Rosy Saenz-Sierzeg, PhD**

I am a licensed psychologist (my private practice is in downtown Chandler, AZ) and I see individuals, couples, and families who want to process anything related to their mental health. I specialize in any issues that arise from relationships (infidelity, intimacy, trust, communication, conflict resolution, trauma, pre-marital and pre- or post-divorce). My approach to therapy is from a Cognitive-Behavioral (CBT), solution- focused perspective where the goal is to restore optimal functioning. I am also a professor at a CACREP accredited Master's Counseling Program at Liberty University (Champions for Christ). I have been teaching in my clinical field for over 15 years in both in-person and online formats. I have a Bachelor's degree in Psychology, a Master's degree in Counseling, and a Ph.D. in Counseling Psychology. I have given presentations on relationships, codependency, sex addiction, depression, anxiety, anger management, and many general mental health topics. I have published research on the integration of spirituality in counseling (therapy) and attending to the mental health of marginalized communities. Throughout the years, I have been called upon as an "expert" in the field in articles in both Psychology Today & Psych Central and provided input for our local news channels. My husband Ron and I have been married for 10 years, and we have a 12-month old daughter named Revyn. Because we need a work/life balance I will add that I enjoy running, hiking, and obstacle course races (Spartan/Tough Mudder). My motto in life is to constantly show the Lord whose side I'm on; I want to know Him and be fully known by Him.

Dr. Saenz-Sierzeg is an Adventist member and resides in Chandler, AZ.



**Languages:** English

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