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About

Prior to entering the field of psychology, Dr. Amy Ahlfeld worked as an educator, non-profit director, and leadership trainer. She currently has a clinical and consulting practice in Midtown Sacramento. Dr. Ahlfeld specializes in providing behavioral interventions and has designed numerous cognitive behavioral therapy programs for sleep and weight management. Dr. Ahlfeld has facilitated workshops on Anger Management, Diversity, Team Building, Conflict Management and Performance Psychology. She is a Past President of the Sacramento Valley Psychological Association, a Board Member of the California Psychological Association (CPA) PAC, and the LAN (Local Advocacy network) Coordinator for CPA Division 1 Clinical and Professional Practice. She has presented at numerous conferences and organizations and is called as a frequent consultant due to her energetic, direct style that is balanced with knowledge and experience.

