

**Lori Klett Roberto, Ph.D.**  
Clinical Psychologist  
Health and Wellness Psychology, Psychotherapy

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### About

It is a great pleasure to be part of the Joy of Medicine program. My interest in working with physicians stems from both personal and professional experiences. As a wife, I've witnessed both the joys and hardships of medical school, residency, fellowship and various career stages of my husband, a local physician. I'm also the mother of a daughter who is completing her BSN. Professionally, I've worked with physicians both as psychotherapy clients and as colleagues. My pre and post-doctoral specialty training in Clinical Health Psychology offered me 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 among my career highlights. I believe my experiences will allow me to understand and have compassion for the challenges you face in your life and in your work as a physician. I also believe we will find ways to celebrate and affirm the value of your unique life and vocation.



### Services

I offer both short and long term psychotherapy and consultation for adults. My office is fully ADA accessible and has ample parking. You may also choose HIPAA compliant and secure video sessions, or phone sessions, when clinically helpful. Given my office proximity to the beautiful American River Parkway, I also offer the option of "Walk & Talk Therapy."

**Practice Specialties:** 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.

**How I practice:** Joy of Medicine sessions allow you the opportunity to seek brief consultation or begin a more comprehensive process. I am practical and optimistic by nature, looking as much for strengths as problems. Together, we will clarify what you are seeking, and define a plan towards that goal. My approach can best be described as integrative pulling from sound therapeutic approaches that are tailored to your needs. Depending on the situation and person, these could include cognitive-behavioral strategies (CBT), mindfulness tools, acceptance & commitment therapy (ACT), or relational and psychodynamic work.

## Bio/Experience

Licensed Psychologist (PSY 20491)

Ph.D., Clinical Psychology, DePaul University

M.A., Psychology, San Diego State University

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

Over 20 years of experience including:

Private Practice, Sacramento, California (since 2011)

Sacramento State University, Student Health Center and Counseling Services

Integrative Pain Center of Arizona

Southwest Neuropsychological Associates, Tucson

Rush University Medical Center, Chicago (Sleep Disorders, Cancer Services, Rehabilitation, Behavioral Medicine, and Cardiology)

University of Illinois Counseling Center

On-Track Obesity Treatment Program, Chicago

DePaul Community Mental Health Center and University Counseling Services

Psychiatric Crisis Centers, San Diego

Select Presentations:

“Stress Management Interactive,” “The Balancing Act: Family, Work & Home,”

“Health Behavior Change and Enhancing Motivation,” “Goal Setting and Making Changes,” “Understanding and Treating Psychophysiological Conditions: A Look at Chronic Pain & Insomnia,” and “Eating/Weight Problems and Eating Disorders.”

For fun I enjoy cycling, singing, hiking, and travel. For rest and rejuvenation I like to read and practice yoga.