

# Patricia L. Bach, PsyD, RN

## Clinical and Consulting Psychologist

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### About

As a member of the health care community in various roles for over 40 years, Dr. Bach brings a distinct perspective to Joy of Medicine. With a career which began in nursing at Georgetown which ultimately led to her role as a clinical psychologist, she approaches this work using "best practices" through a lens of the lived experience. As a former medical student and wife of a local physician for over 40 years, as well as a researcher on physician coping skills, she understands the demands, challenges and benefits of the physician's world in today's society; wherein the term "self-care" applied to physicians is too often an oxymoron rather than a reality.



Trained as a neuropsychologist and behavioral medicine specialist, her focus incorporates an integrated, proactive approach to enhancing work-life balance and maximizing quality of life. In collaboration with clients, she addresses the totality of physical, psychological, emotional, social and family-related issues which may contribute to the development of stress and sub-optimal self-care. Ultimately, her goal is to assist physicians in identifying challenges and facilitating resilience through "out of the box" thinking and creative coping skills when facing bumps in the road.

### Services

Dr. Bach is available for resilience consultations, coaching and/or therapy. Her specialties include Creating/Enhancing Psychological Resilience, Enhancing Work-Life Balance, Caring for the Caregiver- Support/advocacy with health navigation, Overcoming Guilt, Marriage and Family Issues, and Law Enforcement/First Responder Intervention issues. She additionally offers neuropsychological evaluations and capacity assessments.

### Education and Experience

PsyD, California School of Professional Psychology  
Assistant Professor, Eastern Virginia Medical School, Dept. of Family and Community Medicine  
Chaplain and Mental Health Consultant, Placer County Law Enforcement Chaplaincy  
MA, Psychology, California School of Professional Psychology  
MS, California State University, Sacramento  
B.S., Nursing, Georgetown University

### Professional Memberships

Psychologists in Long Term Care, Past President  
California Association of Long Term Care Medicine, Board Member  
American Board of Post-Acute and Long-Term Care Medicine, Board Member  
American Psychological Association Leadership Institute for Women in Psychology