

Marcella Kreysa, Psy.D., M.A.

Licensed Clinical Psychologist, PSY #29595

718 Alhambra Blvd Sacramento, CA 95816

Phone – (916) 672-0870

drkreysa@gmail.com | drmarcellakreysa.com

About

Dr. Marcella Kreysa found her passion working with diverse and vulnerable populations who have experienced trauma and difficult relational dynamics. Dr. Marcella Kreysa is a Latina bilingual, bicultural licensed clinical psychologist, who specializes in the therapeutic treatment of individuals who are experiencing some form of distress.



Through her previous experience working in a psychiatric hospital setting, Dr. Kreysa saw the ways that system expectations can overwhelm providers and lead to burnout. She is motivated to join the Joy of Medicine program as she enjoys being able to speak with physicians and providers about their experiences navigating these complex systems and helps them to find relief, in order to help them continue pursuing their passion and helping others heal.

Dr. Kreysa works from an attachment and psychodynamic lens within a systemic frame through the use of a relational and collaborative approach. This allows for the development of individualized goals for the person to create treatment plans that would best reach those stated goals. She aims to build a strong therapeutic alliance with her clients in order to truly understand them and their needs. She never presumes to know everything about a person without exploring it with the person first. Instead, she utilizes various forms of therapeutic interventions to help an individual begin to understand themselves and actualize their potential.

Services

Dr. Kreysa offers individual therapy, along with psychological assessments to find the best form of treatment to meet each individual's unique needs. She specializes in working with individuals who may experience symptoms of Depression, Anxiety, Mood Dysregulation, Autism Spectrum Disorder, Learning Disorders, Trauma, Early Childhood Family Dynamics and general life stress.

Education and Experience

Independent Private Practice—Operating since 2017

Psy.D., Clinical Psychology, John F. Kennedy University

M.A., Counseling Psychology, National University

Professional Memberships

Sacramento Valley Psychological Association— Early Career Chair

California Psychological Association