

WHAT IS YOUR PHILOSOPHY IN PSYCHOTHERAPY?

I believe in working collaboratively to create a safe environment for clients to explore treatment goals and promote healing. Above all, my aim is to help my clients feel secure as they discover the unique tools that will help to improve their overall well-being.

WHAT APPROACHES DO YOU USE TO HELP YOUR CLIENTS?

I incorporate an integrative, person-centered approach to work with my clients and explore goals for therapy. By utilizing evidence-based practices such as Cognitive Behavior Therapy (CBT) and Dialectal Behavior Therapy (DBT), I am able to enhance skill-building and improve emotion regulation, distress tolerance, and interpersonal effectiveness.

WHAT ARE YOUR AREAS OF EXPERTISE AND WHO DO YOU WORK WELL WITH?

I've been fortunate to work with people from a variety of backgrounds, including clients with a history of trauma, substance use, depression, and anxiety disorders, applying my training and expertise to help clients improve quality of life in both individual and group therapy settings.

WHAT'S YOUR THERAPEUTIC STYLE WITH YOUR CLIENTS?

Collaborative, compassionate, and encouraging

WHAT LANGUAGES DO YOU SPEAK?

English.

PAST EXPERIENCE AND EDUCATION

Dr. Eileen Sheehy is currently working to be licensed in the state of California. She holds a bachelor's degree in Psychology from Michigan State University and a master's degree in Forensic Psychology from Marymount University in Arlington, Virginia, and she completed her doctorate (PsyD) in Clinical Forensic Psychology at Alliant International University in Sacramento, California.

Dr. Sheehy also completed a pre-doctoral internship with California Department of Corrections and Rehabilitation, where she gained knowledge and experience working with a population experiencing a wide range of mental health and sociocultural issues. Her postdoctoral work was completed at Sutter Center for Psychiatry in the Hospital-Based Emergency Services and Consult/Liaison track. This role involved providing therapeutic interventions for patients in a hospital setting and working with multiple disciplines to achieve coordinated mental health care for patients seeking more intensive services.

Following her post-doctoral residency, Dr. Sheehy worked in a correctional inpatient program, where she enhanced her skills in diagnostic assessment, suicide risk evaluation, and individual and group therapy.