

Dawn Avalos, Ph.D.

Dr. Avalos' professional interests and specialties include: Traumatic Stress, Complex PTSD, Grief Counseling, Substance Use Disorder, Obsessive Compulsive Disorder, Personality Disorders, Severe Mental Illness, Resilience, Racial/ Ethnic & Cultural Allyship, Identity Development, and Community-based Prevention and Intervention. She has also conducted clinical and personality psychological assessments within the Veteran's Administration.

Dr. Avalos' theoretical orientation is an integration of Psychodynamic therapy within Object Relations Theory centered around the stages of ego development and attachment, 2nd and 3rd wave Cognitive Behavioral Therapies, and Interpersonal Therapy. Having been trained in several evidence-based treatments, she prioritizes the client's needs to carefully formulate a collaborative treatment plan that best meets the individual where they are, while offering a safe environment to explore and process past, present, and future issues and concerns.

In her free time, Dr. Avalos enjoys sampling the local gastronomy/restaurants as well as cooking and baking for family and friends. In addition, she enjoys continental and international travel to continue developing a deeper cultural sensitivity as a citizen of the world, in an effort to use that knowledge to take a more active role in the community in which she serves.

Education:

- Fielding Graduate University: Doctor of Philosophy in Clinical Psychology and a Master of Arts in Clinical Psychology
- University of South Florida: Master of Arts in Gerontology and Bachelor of Science in Biomedical Sciences

Training:

- Fellowship at Southern Arizona Veterans Administration Health Care System with a concentration in stressor-related presentations, PTSD, and complex trauma
 - Internship at Texas Valley Coastal Bend Veterans Administration Health Care System with a concentration in health psychology and evidence-based treatments
- *Currently seeking Arizona Licensure with supervision provided by True North Psychological Services LLC Co-Founder, Dr. Euodia Chua, Ph.D.

"Every criticism, judgment, diagnosis, and expression of anger is the tragic expression of an unmet need." –Marshall Rosenberg