

Biography for Dr. Christy Love

PsychArizona, Scottsdale, AZ 85260

Dr. Christy Love calls Arizona home, having lived here for the past 12 years. With roots in the Midwest, she received her BS in Psychology from Southwestern Oklahoma State University and then continued her education to obtain a MA and PsyD from the Arizona School of Professional Psychology in Phoenix. Dr. Love's training in Arizona has given her the opportunity to provide treatment for children with debilitating mental health disorders. Dr. Love also received much training in adult disorders such as diagnosis and treatment of anxiety and mood disorders, addictions, and traumatic stress. Treatment has included evidence-based methods and traditional Native American ceremonies with individuals, groups, and families.

Experience at The Meadows led Dr. Love to develop a special interest in Men's Issues. She became keenly aware of male gender-role socialization and how the traditional male-role can sometimes lead to restricted emotional expression focusing on power, competition and success. Dr. Love understands the impact socialization can have on a man's reluctance to explore inner experiences. This can also contribute to distraction, over working, anxiety, irritability, substance abuse and risky behavior, including violence. She helps men identify and work through core conflicts to develop balance between role demands and emotional expression.

At the Southwest College of Naturopathic Medicine (SCNM), Dr. Love spent 6 years providing counseling and psychological services to naturopathic medical students. She created an innovative program for students that included one-on-one services and educational workshops. Dr. Love also established a clinical training/practica program for psychology pre-doctoral students from other universities. Dr. Love continues her involvement in the development of the SCNM Counseling Center and maintains her supervisory role of psychology pre-doctoral trainees. Dr. Love serves on the SCNM Student Retention committee and is adjunct faculty at Argosy University - Phoenix.

Dr. Love contributed greatly to the lives of future naturopathic doctors during her term at SCNM. This experience exposed Dr. Love to other approaches to healing. She believes in the power of natural medicine in treating both psychological and physical difficulties in addition to appreciating the need and use of conventional medicine. She is acutely aware of the connection between mind, body, and spirit when providing psychological services to her clients.

Dr. Love also specializes in treating psychological and physical trauma. She is well trained in Eye Movement Desensitization and Reprocessing (EMDR), a research-based integrative psychotherapy approach.

EMDR is an information processing therapy that addresses

1. past events contributing to current difficulties,
2. present experiences that trigger unwanted thoughts, behaviors, emotions, and physical sensations, and
3. positive experiences needed for future healthy functioning.

Although scientific research of EMDR has focused on PTSD and trauma, positive effects have been reported when treating phobias, panic and generalized anxiety; sexual dysfunction and other somatic problems such as chronic pain, gastrointestinal problems, migraines, phantom limb pain; addictions, eating disorders, negative body image, and body dysmorphic disorder; depression, grief and loss. Dr. Love has found this treatment to be helpful when one feels “stuck” and other approaches have not shown progress in treating the client’s problem.

Dr. Love is very passionate about the psychology profession. It is not just a job for her, it is who she is. Dr. Love has an insatiable desire to teach people how to solve their own issues so they can deal with the everyday conflicts of living life. Her work involves an active approach to exploring one’s personal, interpersonal, familial, social, spiritual and professional areas to identify patterns that are getting in the way of living life to the fullest. Dr. Love takes a holistic, integrative approach to facilitate and modify unwanted behaviors and communication patterns.

For more information about Dr. Love, please see her VITA.