



PROFILE

I am a licensed psychologist and have been in private practice for the past 4 years. I completed a Doctor of Psychology Degree (a PhD-level degree that focuses on experience rather than research) at the University of Hartford. I completed my undergraduate degree at UConn (forever a Husky!). I work in a short-term, solution-focused model, which means I'm working on having you with me for the least amount of time necessary to work on the things you want to work on. Then we move on to the next thing, or we wrap up!

CONTACT

PHONE:
860-251-9508

WEBSITE:
www.juliekeenpsyd.com

EMAIL:
juliekeenpsyd@gmail.com

SOCIAL MEDIA:
<https://www.linkedin.com/in/juliekeenpsyd/>

INSURANCES ACCEPTED

CT Medicaid/HUSKY
United Behavioral Health / UHC
Anthem BCBS
Medicare

JULIE A KEEN, PSY.D.

Licensed Clinical Psychologist

REAL TALK

It's ok to admit you're stressed in this time of uncertainty and unpredictability.

- Are you stress with being unemployed or underemployed?
- Not sure how to deal with more people in the home than usual for longer periods of time?
- Struggling with wondering when the world will right itself?
- Unsure what this health crisis means for you and your family?

Sometimes we all need to unload. Sometimes it's easier with someone who doesn't live with you. Sometimes we have great skills, but could use some support tweaking them to meet current demands.

I work from a behavioral model, which means that, yes, we may talk about your thoughts and feelings, but I'm most interested in working with people on real, practical behavioral changes you can make right away. The most important things to me is that we form a good relationship and that you start seeing results quickly.

HOW IT WORKS

1. You can contact me anyway that is preferable to you.
2. We set up a first meeting, an "intake," to see if we're a good fit for each other. I've been using Zoom platform with secure meeting rooms, so you can meet me from the comfort of your own couch. Or car. Or basement. Whatever's good for you.
3. We go through some consent paperwork and come up with a plan of how to spend our time.
4. We set a schedule of how often we want to meet and talk.
5. I may give you some homework to try out some strategies we discuss together. Some things will work, others will need to be reassessed.
6. Most importantly, you drive how you want things to go. I have no agenda, and this moves at your comfort level.