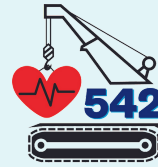


A provider by your side

Alyssa Cruz
Licensed Clinical Social Worker



**IUOE LOCAL 542
HEALTH CENTER**



office: 866-211-1797
fax: 855-522-6755

1375 Virginia Dr.
Fort Washington, PA 19034

Mental Health (LCSW)

Additional Board Certifications, Fellowships or Degrees:
Cognitive Psychotherapist, Trauma Focused Cognitive Therapist

Medical/Graduate:
Temple University

Undergraduate:
Lock Haven University

My Philosophy of Care:

It is important for me to build authentic relationships by laying the groundwork for open communication and trust. I believe in providing a space where thoughts and feelings can be explored all the while building hope and wellbeing. My mission is to understand people in the frame of where they are in their life and what the world looks like through their lens.

Clinical Interests:

Mental Health, Behavioral Health, Individual Therapy, Couples Therapy, Group Therapy, Children/Teenagers, Adults, Depression/Anxiety, Trauma, Stress, Grief

Personal Interests:

Spending time with my family, yoga, reading, trying new things, watching my two boys play sports

Languages Spoken: English

Patient ages: All ages

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