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Staff Bio

Brittany Burdick, Psy.D. **Licensed Clinical Psychologist**

Dr. Burdick is a licensed clinical psychologist in the state of Arizona. She received her Psy.D in clinical psychology from the Wisconsin School of Professional Psychology in 2022.

Dr. Burdick moved from Wisconsin to Arizona to complete her APA accredited pre-doctoral internship at the La Frontera Center, an outpatient community mental health facility in Tucson, Arizona. She also completed her postdoctoral residency at the La Frontera Center.

Dr. Burdick has training with a diverse number of clinical concerns such as working with individuals who have experienced significant trauma, poverty, domestic violence, co-occurring substance abuse, serious mental illness, mood disorders, grief and loss, depression, and anxiety. She also has experience conducting group therapy, risk assessment, crisis intervention, and psycho-diagnostic assessments.

Her primary area of interest is working with adults with a range of presenting concerns including anxiety disorders, trauma, developmental trauma, depression, grief and loss, and relational issues. Her approach to treatment integrates a psychodynamic, attachment-based, interpersonal focus. She uses other evidence-based treatments including Acceptance and Commitment Therapy, Cognitive-Behavioral Therapy, mindfulness, and Existential Psychotherapy. She tailors her approach to each person's unique needs and values a person's subjective experience. Dr. Burdick helps her clients build greater insight into their underlying internal conflicts and beliefs in order to help develop greater self-awareness and autonomy. She believes that healing comes from learning healthy connection, self-compassion, authenticity, empowerment, and living a purposeful and meaningful life.