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Staff Bio

Dr. Antonia Garcia

Licensed Clinical Psychologist



Dr. Garcia is a Licensed Clinical Psychologist in Arizona. She earned her bachelor's degree in psychology from Stanford University in 2008 and an M.S. in child development at Erikson Institute in 2012. She received her Ph.D. in clinical psychology from Michigan State University in 2020. Dr. Garcia completed an APA- approved internship at the Southern Arizona Psychology Internship Center, completing rotations at a community mental health center, and working with students with disabilities at the University of Arizona SALT Center.

Dr. Garcia enjoys working with children, adolescents, and adults. She has clinical interests in supporting individuals through life transitions, fostering self-compassion, and treating anxiety and mood disorders. In addition, her experience researching the effects of family stress across the lifespan has led to a passion for working with clients dealing with interpersonal and family conflict.

Dr. Garcia draws from CBT, ACT, and psychodynamic approaches. She works to match her approach to each individual after discussing personal goals for growth. Specific therapy goals may focus on developing mindfulness and flexible thinking, exploring values and life directions, or examining and strengthening personal relationships.