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**Bio**  
**Dr. Destiny Hoffman**  
**Postdoctoral Psychology Associate**

Dr. Hoffman completed her doctorate in clinical psychology from Marshall University in West Virginia, and completed her pre-doctoral internship as a post-doctoral fellow with a focus on chronic pain at Geisinger Medical Center in Pennsylvania.

Dr. Hoffman enjoys working with individuals across the adult lifespan. She has training working with patients who experience clinical concerns such as chronic health difficulties, complex trauma, gender dysphoria, and mood disorders. Her training within health

psychology includes working with individuals experiencing chronic pain, weight management difficulties, functional neurological disorders, and mood concerns associated with health diagnoses. She also has experience with group therapy, and semi-structured pre-surgical evaluations.

Dr. Hoffman primarily utilizes cognitive behavioral therapy (CBT), motivational interviewing (MI), and acceptance and commitment therapy (ACT) techniques with individuals to create long-lasting behavioral and cognitive change. Specific therapy goals are created collaboratively with patients and may include mindfulness, cognitive challenging, behavioral techniques, exposure, skill building, and values-based exploration. Dr. Hoffman's approach to therapy encompasses the biological, psychological and social aspects of an individual's life to best meet their needs.