



## Metta LLC

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### Staff Bio

#### Dr. Lynn Jonen Licensed Clinical Psychologist

Dr. Lynn Jonen joins Metta after serving at Sierra Tucson from 2015-2020 as a Psychologist Supervisor and most recently as their Clinical Director. Dr. Jonen has focused her career on clinical service and education. In addition to leadership roles, she has provided behavioral health care, psychotherapy, neuropsychological assessment, Whole Health Education® and consultation in a variety of settings, including: hospitals, skilled nursing facilities, assisted living facilities, and multidisciplinary primary care practices.

Dr. Jonen earned her PhD in Clinical-Community Psychology from DePaul University in Chicago. She completed her internship in Behavioral Medicine at Edward Hines, Jr., VAMC in Chicago and her postdoctoral fellowship in Neuropsychology and Rehabilitation Psychology at James A. Haley VAMC in Tampa, Florida. Dr. Jonen is certified as a Whole Health Educator and has served as an Academic Adviser for the National Institute of Whole Health since 2014. She embraces a whole-person approach to health, integrating the physical, emotional, nutritional, spiritual, and environmental aspects of health to facilitate healing and wellness through education and client self-discernment. Dr. Jonen approaches therapy from an integrated, trauma-informed, humanistic perspective and believes that we are all capable of reaching our full potential through connection and meaning-making. She is licensed as a Clinical Psychologist in Arizona and Illinois.