



Metta, LLC

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Staff Bio

Dr. Marissa Pifer

Post-Doctoral Psychologist

Dr. Pifer completed her bachelor's degree in psychology at West Virginia University, and obtained both her master's and doctorate in clinical psychology from the University of Colorado, Colorado Springs. She completed her pre-doctoral internship at the Veterans Affairs Pittsburgh Healthcare System with a specialization in Geropsychology.

Dr. Pifer enjoys working with individuals across the adult lifespan with a range of presenting concerns including anxiety disorders, mood disorders, loss and grief, chronic pain, adjustment to life transitions, developmental trauma, self-esteem, and relational issues. She also has specialized training in treating the unique mental health needs of older adult clients and their loved ones, such as adjusting to aging and retirement, anxiety about aging, cognitive decline, and caregiving. She is skilled in risk assessment and crisis interventions as well. Her approach to treatment is collaborative and flexible, meeting clients where they are and individualizing treatment to best help them meet their goals. Dr. Pifer has been trained in various evidence-based treatments including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Interpersonal Psychotherapy (IPT), Dialectical Behavioral Therapy (DBT), Caregiver Family Therapy, and Existential Psychotherapy. She utilizes these approaches with a focus on building self-compassion, healthier connections with others, and helping clients to find meaning and purpose in their lives.