



Metta, LLC

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## Staff Bio

### Dr. Erin Hanks-Moehr Staff Therapist

After getting her bachelor degrees at Northern Arizona University, Dr. Erin Hanks-Moehr attained her MA in Clinical Mental Health Counseling and her Ph.D. from Northern Arizona University in 2015 and 2020 respectively. She then completed an APA-accredited internship at the University of Arizona, College of Medicine, completing rotations at the EPICenter, a community mental health center that supports individuals, and their families,

diagnosed with severe mental illness, and Banner Behavioral Health, which served the general mental health population in assessment, behavioral sleep medicine, and chronic pain. Dr. Hanks-Moehr later completed a postdoctoral residency from 2020 -2021 with COPA Health, a community mental health agency that provides wrap around services and integrated care to those with mental health concerns.

She has interests in supporting individual adults through life changes and adjustments, supporting couples in finding common ground, and treating anxiety, mood, insomnia, and trauma disorders. Her experience and training in using evidence-based treatment, with flexible and individualized approaches, has led her to draw from CBT, ACT, Mindfulness, Self-Compassion, and Narrative theoretical approaches in her work. Dr. Hanks-Moehr enjoys hiking, meditating, the arts, music, and spending time with friends and family.