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Bio

Dr. Lizzie Hedrick

Postdoctoral Psychology Associate

Dr. Hedrick is a licensed clinical psychologist. She completed her undergraduate education in world literature and journalism at Bowdoin and Pitzer Colleges and subsequently her training in clinical psychology at the Wright Institute in Berkeley, California.

Dr. Hedrick's practice is rooted in relational psychodynamic theory—adhering to the belief that psychological symptoms and interpersonal struggles often arise from early attachment relationships

and are healed through attuned corrective experiences in therapy. Dr. Hedrick also leverages interventions from somatic psychotherapy, focusing on helping her clients gain trust in their nervous systems' innate capacities to regulate stress and emotion. She is currently enrolled in the three-year training course to be a certified Somatic Experiencing Practitioner (SEP) and has completed all beginning modules, as well as SE Intermediate I. Additionally, Dr. Hedrick has completed a four-day immersion course in Accelerated Experiential Dynamic Psychotherapy (AEDP), a modality that integrates insight-based psychotherapy with somatic techniques to access core emotion and dismantle physiological bracing patterns often associated with chronic pain, depression, addictive behaviors, and anxiety.

Dr. Hedrick was drawn to the field of clinical psychology through her own process of learning to understand and manage chronic pain. Since then, she has concentrated her training on working with individuals who struggle with complex developmental trauma, PTSD, acute substance use disorders, and a variety of psychophysiological symptoms that include fibromyalgia and insomnia. Dr. Hedrick believes the most effective therapy should feel alive for clients, and she aspires to provide authentic relational experiences based in the here and now. Respecting the courage and vulnerability it takes to trust and open oneself to another person, Dr. Hedrick focuses deeply on attuning to her clients' current relational difficulties to begin, together, to heal their attachment wounds from the past.