

## More About Tina Marie Del Rosario

Tina is a biracial, licensed therapist who is a social justice advocate, and lover of music, books, animals, food, and travel. She works with individuals, couples, partnerships, and groups to assist in self-discovery and desired outcomes.

Her practice is deeply influenced by the principles of **interpersonal neurobiology**. She understands the intricate connections between the mind, body, and relationships, recognizing that our experiences are inextricably linked to our neural pathways. By drawing from this perspective, she helps clients rewire their brains for healthier, more adaptive patterns of thought and behavior.

**Mindfulness-based cognitive-behavioral therapy** is a cornerstone of her therapeutic approach. It empowers clients to develop greater self-awareness, emotional regulation, and cognitive flexibility. She assists individuals in cultivating mindfulness skills that enable them to navigate life's challenges with resilience and presence.

**Psychodynamic, Relational, and Narrative Therapy:** She also integrates psychodynamic, relational, and narrative therapy approaches, which allow us to explore the depths of one's personal history, relationships, and the stories we tell ourselves. This collaborative exploration provides valuable insights and promotes personal growth and self-empowerment.

She is a staunch advocate for **culturally sensitive and feminist-informed therapy**. Recognizing the impact of cultural and gender-related factors on mental health, she creates a safe and inclusive space where clients can share their unique experiences without judgment. Her approach is deeply rooted in promoting empowerment and equity, allowing individuals to explore their identities and challenges within a feminist framework.