

Mary H. Danielak, Psy.D., Licensed Psychologist

About Dr. Mary...

I am a licensed psychologist with the state of Georgia. My Master's degree is in Clinical Psychology, as well as my Doctorate. My degree (Psy.D), was designed by the American Psychological Association in the 70's to train clinical psychologists with more emphasis on working with people than a Ph.D. program. My training included two years of rotation at hospitals and/or clinics, one year of residency, and a research dissertation on top of five years of graduate academic training. The initials, Psy.D., mean that the degree conferred is a Doctorate in Clinical Psychology. Ph.D. denotes a Doctorate in Philosophy with emphasis in any area chosen by the degree holder (such as English, Math, Psychology, etc).

My clinical experience includes working with all ages from five years and older. Typically, about 40 percent of my practice consists of people under 18 years old and 40 percent of my practice is with adults. The remaining 10 to 20 percent is with couples. I am competent in helping people through a variety of life challenges, including: depression; anxiety; panic; phobias; eating disorders; divorce; co-dependency; marital problems; family problems; parenting issues; blended families; chronic illness; infertility; and just plain stress management. I also conduct testing and diagnosis of learning disabilities as well as ADD/ADHD. I am a current provider of COGMED Working Memory Training (a computer-based training program that measures and sustainably improves working memory, attention and focus). I have published research regarding family factors in eating disorders and treatment of anxiety disorder.

My current professional affiliations include Georgia Psychological Association (GPA), National Academy of Neuropsychology (NAN), Academy of Clinical Pediatric Neuropsychology (ACPN), American Psychological Association, CHADD, and International Dyslexia Association. I am past president of Division E of GPA and a Fellow of GPA. Currently I am also on the Steering Committee for the Child and Family Division of GPA. I am currently participating in a research study for a company that develops nationally-standardized checklists used to assess executive functioning skills in children and adolescents. In addition, I am involved in a collaborative research and study group implementing diagnosis codes for the American Psychiatric Association's DSM-5. My speaking engagements have included Milton High School, Chattahoochee High School, Webb Bridge Middle School, Windward Elementary, Wesleyan School, and various other Atlanta schools. I have conducted training for Fulton County School psychologists, Fulton County social workers, teachers training for Forsyth County, Ridgeview Institute, and employee training for Kennestone Hospital. I also did some consulting with a private school in Switzerland.

I believe in the empowerment of the client and will explain as much "psychobabble" to you as helpful. I believe we are on the journey of counseling together, and I am but one of your guides in the process. Your participation and honest feedback with me will make us both more successful in your journey and therapy. I truly love what I do and feel honored to be your psychologist in the healing process. At any time, I welcome questions/concerns about me, therapy, and anything we discuss in session.