



The Center
for Christian Counseling, Consultation and Training

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Madison, WI 53704
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Nadia S. Damm, Psy.D.

Education: Doctorate Degree in Clinical Psychology (Psy.D.), Pepperdine University
Master's Degree in Clinical Psychology (M.A.), Pepperdine University
B.A. in Psychology and Spanish, Loyola Marymount University

Certifications & Affiliations:

American Psychological Association
American Association of Christian Counselors
National Register of Health Providers
ACTFL Advanced Fluency Level in Spanish

Passion & Vision: I am passionate about providing spiritually-oriented psychotherapy to help individuals and couples optimize their physical, emotional, relational and spiritual well-being.

Clinical Experience: 14 years of clinical experience working with diverse populations in a variety of inpatient and outpatient settings conducting individual, group, family and couple therapy. Empirically-validated treatment approaches that are utilized include cognitive behavioral therapy, dialectical behavioral therapy, acceptance and commitment therapy, time-limited dynamic psychotherapy, mindfulness-based approaches, and Gottman method couples therapy.

Current Areas of Focus:

- trauma
- mood disorders
- psychotic disorders
- suicidality and self-harm behaviors
- marital conflict
- adolescent issues
- health and wellness
- stress management
- weight management
- chronic illness
- military readjustment
- acculturation stress/cross-cultural relational struggles

Other Services Offered:

- Psychological services offered in Spanish
- Parenting skills development (Love and Logic)
- Biofeedback, autogenic training, body scanning, focused breath awareness, guided imagery, progressive muscle relaxation
- Consultation/liaison services with medical providers