



Heather McQueen, Ph.D.

Psychotherapist and Well Being Specialist McQueen & Associates (mcqueenassociates.com)

**Get to know Psychotherapist and Well Being Specialist
Dr. Heather McQueen, who serves clients in Denver, Colorado.**

Dr. McQueen is a Registered Psychotherapist, a Certified BodyTalk Practitioner, and a Licensed Black Belt Nia Instructor. She has a private practice in Denver, Colorado, where she supports her clients with making empowered decisions and cultivating skills and strategies to embark or remain on a positive path of growth and integrated well being. As a solution-focused and humanistically oriented psychotherapist, her goal is to serve her clients as a beneficial presence as they uncover their true and optimal potential unfolding a meaningful life worth celebrating.

Dr. McQueen's educational achievements include: Bachelor of Arts in Social Science/Psychology from the University of Wyoming, graduating with honors as a Lifetime Member of Psy Chi - The National Honor Society in Psychology. In 2001, she graduated with honors with her Master of Arts degree in Psychology from Regis University, Denver, Colorado, as the recipient of the Malcolm Knowles Award. In 2014, she earned her Ph.D. in Psychology from Saybrook University in San Francisco, California. It is noteworthy that Dr. McQueen worked full-time, gaining valuable experience, while engaging in her academically rigorous University studies. In 2012, she presented at International Existential Psychology Conferences in China and Hong Kong and served as a presenter and Delegate with the American Psychological Association at the 2014 International Psychology and Health Conference in Havana, Cuba.

Dr. McQueen has consistently held memberships with numerous professional organizations, including the American Psychological Association (APA), the Colorado Psychological Association (CPA), the American Counseling Association (ACA), the Colorado Association of Psychotherapists (CAP), the Rocky Mountain Humanistic Counseling and Psychological Association (RMHCPA), the American Dance Therapy Association (ADTA), and the International BodyTalk Association (IBA).

Dr. McQueen's specialties include Emotional Intelligence, Conscious and Meaningful Life Philosophy, Happiness, Life Satisfaction, WellBeing; Authenticity and Intrinsic Motivation, Mind/Body/Emotion/Spirit Integrative Connections; Expansive Well Being and Connectedness to Self and Others; Crisis Intervention; Dance, Movement, and Somatic/Therapeutic Approaches to Well Being; The BodyTalk System - A BodyMind Integrative Well Being Technique; and Neuromuscular Integrative Action (Nia) as a Licensed Black Belt Instructor. Furthermore, she is interested in and passionate about Existential Issues on Meaning and Purpose, Humanistic and Transpersonal topics, Integrative and Expansive Well Being, Authentic Empowerment and Self-Expression, Happiness, Resilience, Life Satisfaction and Contentment as well as International/Collaborative and Consulting Work.

With over 25+ years experience in Mind/Body Empowerment and Well Being, Dr. McQueen is an interactive and solution-focused psychotherapist. Her therapeutic approach blends together mindfulness-based and client-centered cognitive-behavioral and humanistic-existential frameworks. She provides individualized support to facilitate personal insight and offers practical feedback to empower clients to effectively address and transform personal life challenges while recognizing and honoring their strengths and gifts.

With compassion, understanding, and focused presence, Dr. McQueen collaborates with each client as a cherished individual personalizing therapeutic strategies to help build on their strengths for empowerment, healing, and wholeness.

Dr. McQueen has lived, worked, and/or traveled in South America, Europe, U.S., the Dominican Republic, Mexico, Australia, Cuba, China, and Hong Kong. She has been involved in Salsa, Nia, and Tango communities and has also worked as a Spanish, Kickboxing, and Gymnastics Instructor for both children and adults. Her diverse background enables her to craft a unique and individualized therapeutic experience and the bottom line to her philosophy is that lasting healthy growth and learning are best achieved when they happen in the context of honest, open, accepting, and joyful relationships.

Dr. McQueen was awarded the 2019 Top Psychotherapist & Well Being Specialist by Top Doc.

Learn More about Dr. Heather McQueen, Ph.D. at <https://www.mcqueenassociates.com>

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