



## Valerie Hoover

Adjunct Clinical Instructor, Psychiatry and Behavioral Sciences

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### Bio

#### BIO

Valerie Hoover, PhD is a Licensed Clinical Psychologist in California who specializes in the assessment and treatment of anxiety disorders, stress management and recovery, trauma and PTSD, interpersonal issues, and psychological adjustment following medical events. Dr. Hoover is also an expert in motivational enhancement and is a MINT-Certified Motivational Interviewing trainer.

Dr. Hoover completed a doctorate in Clinical Psychology with an emphasis in Health Psychology at the University of Florida in 2013, then went on to complete her clinical residency at Rush University Medical Center in Chicago and post-doctoral fellowship at the San Francisco VA Medical Center.

Dr. Hoover is passionate about helping people make meaningful and durable changes in their lives.