



Michelle L. Smith, Ph.D.

Wandamaria Lopez, Ph.D.

2935 N Ashley Street, Building F Valdosta, GA 31602

Phone: (229) 333-2273

We have two psychologists available and ready to provide psychological and behavioral health services. Our goal is to help patients develop practical knowledge and skills to promote and improve emotional and physical health. The Better Mood Clinic offers the following services:

Psychological Services	Behavioral Health Services
<p>Psychological assessment</p> <p>Individual, couples, and family psychotherapy</p> <p>Psychotherapy for the following mental health concerns:</p> <p>Insomnia</p> <p>Anxiety/Fears</p> <p>Depression</p> <p>Trauma</p> <p>Grief and bereavement</p> <p>Child behavior and emotional disorders</p> <p>Relationship problems</p> <p>Adjustment disorders</p>	<p>Chronic pain management</p> <p>Tobacco cessation</p> <p>Weight management</p> <p>Chronic disease management (e.g., diabetes, cardiovascular disease, COPD)</p> <p>Pre-surgical mental health evaluations (e.g., bariatric, transplant, cross-sex hormone therapy)</p> <p>Stress management</p>

Please contact us at (229) 333-2273 to schedule an appointment