

Katherine E. Regalado



We all experience hardships and difficulties in our lives; whether it is for a season or due to managing a chronic mental illness. My goal is to help you find the tools within yourself necessary to overcome these obstacles. I will encourage you to tap into your strengths all while creating an empathic, warm, and safe environment which is a key component to your therapeutic journey.

I am a bilingual (English-Spanish) speaking, Masters-Level Clinician who is EMDR-Trained, and TF-CBT Trained in order to help trauma survivors. These certifications complement my cognitive-based, mindfulness meditation therapeutic approach.

Along with my specialty in trauma work, I also specialize in exposure therapy, and substance use counseling. I will tailor therapy to your individual needs and preferences, allowing for a collaborative treatment plan based on research-supported techniques.

I earned my Master of Arts in Counseling degree from Houston Baptist University. I completed my baccalaureate degree at Baylor University in Psychology and Child and Family Studies, all while being an active member in the community.

At A.T.L. Psychotherapy, I have flexible hours that include evenings. If you would like to schedule a session, please email me at SperoPsychological@gmail.com.