

# VIRTUE MEDICINE P.C.

Clinics for Mind-Body Health



Studio for Ethics & Contemplative Arts

## JoAnna (Argüello) Romero Cartaya, Ph.D.



B.S.  
Ph.D.

University of Wisconsin-River Falls, 2004  
Counseling Psychology, University of Iowa, 2013  
Doctoral Dissertation: *"Marital Satisfaction among long term caregivers of spouses with severe traumatic brain injury:"* A study investigating the satisfaction and coping strategies of spousal caregivers for patients diagnosed with traumatic brain injury.

Member  
Member  
Member  
Member  
Member  
Member

American Psychological Association  
Iowa Psychological Association  
Academy of Integrative Health & Medicine  
National Academy of Neuropsychology  
Iowa Psychological Association Ethics Committee  
Association for Contextual Behavioral Science

### Notable Honors, Awards, and Service:

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|-----------|---|
| 2006-2008 | Holme's Scholar, College of Education, University of Iowa   |
| 2008-2010 | Leadership Pediatric Public Policy Fellowship, with internship on Health, Education, Labor, and Pensions (HELP) Committee, Washington D.C. (May 2010)   |
| 2009-2011 | Graduate Assistant, University of Iowa Summer Research Opportunities Program (SROP) and McNair Scholars Program, with focus on institutions and scholarly development in first generation, low income, and minority students. |
| 2010      | Edith Kaplan Award, National Academy of Neuropsychology   |
| 2012      | Dean's Achievement Award, University of Iowa Graduate College   |

### Clinical Practice in Psychotherapy and Neuropsychology

Dr. Romero Cartaya has a wide range of clinical and educational experiences. These include working with patients experiencing severe and chronic psychological conditions including PTSD, depression, obsessive-compulsive and anxiety disorders, with individuals or their caregivers challenged with life-altering medical conditions such as traumatic brain injury or other health-threatening illnesses, and with those who are coping with loss and grief, role and identity changes, and relational conflicts. Dr. Romero Cartaya also has special interest and skill in helping individuals navigate professional and ethical workplace concerns.

In addition to her therapeutic skills, she also has advanced training and experience in neuropsychological and psychological assessment services in the areas of intelligence, achievement, memory, executive functioning, visual perception, motor coordination, mood, and personality for individuals with the following concerns: changes in cognitive functioning, neurological and psychiatric

disorders, intellectual disabilities, learning concerns, legal involvement, and case management concerns, dementia, Alzheimer's disease, AIDS/HIV, TBI, and stroke.

## Philosophy of Care

Dr. Romero Cartaya offers psychological therapy services which are uniquely and holistically created to assist an individual to gain momentum in healing one's spirit, mind, and body. She blends an integrative healing philosophy with humanistic, interpersonal, and behavioral methods to further create a space in therapy for an individual to feel empowered, courageous, and connected both within oneself and with others. Her approach focus on cultivating authentic, caring, and open experiences within therapy to assist clients in improving interpersonal relationships to developing better ability to express themselves and connect more meaningfully within their relationships. She also explores behavioral patterns and cognitions which may limit or prevent an individual from fully living in the here and now and assists clients to develop additional awareness of these experiences so that clients may alternative coping strategies to alleviate psychological symptoms.

Dr. Romero Cartaya approaches therapy believing that individuals are unique and sacred, intrinsically motivated to deepen connections with others. The therapy process focuses on awareness of inner resources and self-acceptance—to embrace all that it is to be uniquely human in purpose and meaning—towards a more authentic and courageous connection with self and others.

Examples of psychological approaches include: Acceptance and Commitment Therapy (ACT) and Functional Analytical Psychotherapy (FAP), which are behaviorally based psychotherapy interventions, which strive to create more powerful therapy experiences by focusing on the here and now to assist one in learning how to authentically and assertively express one's self in relationship with others as well as developing awareness and active engagement of acting on values rather than emotions or unhelpful thought processes. In addition, Cognitive Behavioral Approaches which focus on increasing awareness of cognitions and behaviors to redefine how one approaches concerns to better increase feelings of peace, contentment, and clarity. Throughout her work with clients humanistic approaches are woven throughout as she strives to ensure that clients receive an accepting, respectful, and highly engaging experience. Psychotherapy techniques may also use modalities such as relaxation training, meditation, hypnosis, creative writing, spiritual practices, and other modalities of authentic expression. In her work with children, play therapy approaches are also used within the space of Virtue Medicine's Studio.

Given her own history of being raised in a bicultural family, she is passionate about attending to all manner of cultural diversity, and highly values exploring and integrating her patients' cultural experiences and identity into therapeutic work, whether age, developmental and acquired disability, religion, ethnicity, socioeconomic status, sexual orientation, national origin and gender.

She works with children through adults and welcomes those from all walks of life. She is honored to be a part of assisting individuals within their life journey to fully live and embrace all that it is to be an *imperfectly perfect* human being.

