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## **Erin Hanks-Moehr, Ph.D.**

Doctoral Graduate  
Admission Year: 2015  
Graduated Year: 2020

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### **Professional Bio**

Dr. Hanks-Moehr is currently a Postdoctoral Resident at Metta LLC in Tucson, Arizona. After completing her bachelor's degrees at Northern Arizona University, Dr. Hanks-Moehr attained her MA in Clinical Mental Health Counseling and her Ph.D. from Northern Arizona University in 2015 and 2020 respectively. She then completed an APA-accredited internship at the University of Arizona, College of Medicine. She completed rotations at the EPICenter, a community mental health center that supports individuals, and their families, diagnosed with severe mental illness, and Banner Behavioral Health, which served the general mental health population in assessment, behavioral sleep medicine, and chronic pain. Dr. Hanks-Moehr later completed a postdoctoral residency from 2020 -2021 with COPA Health, a community mental health agency that provides wrap around services and integrated care to those with mental health concerns

She has interests in supporting individual adults through life changes and adjustments, supporting couples in finding common ground, and treating anxiety, mood, insomnia, and trauma disorders. Her experience and training in using evidence-based treatment, with flexible and individualized approaches, has led her to draw from CBT, ACT, Mindfulness, Self-Compassion, and Narrative theoretical approaches in her work

### **Areas of Teaching Interest**

Dr. Hanks-Moehr as interests in teaching; integrated care, health psychology, trauma informed care and trauma treatment, and assessment and diagnosis

### **Areas of Research & Clinical Interest**

