

*Dr. Dushenko is the founder and director of Health Psychology Associates (HPA). He began his professional career in 1983, after completing his graduate work at the University of Manitoba and finishing his pre-doctoral internship at UCLA. He has continued to work in both academic and clinical settings for most of his professional career. While his initial focus was as much on research and teaching as it was on clinical practice, his desire to develop a more holistic or integrative approach to patient or client care was always very strong. After heading the Dept. of Behavioral Medicine at St. Mary Medical Center in Long Beach for more than a decade, he created HPA in order to bring together various mental health and medical specialists to work as a collaborative team and to treat as wide an array of issues and individuals as possible.*

*Dr. Dushenko's background has prepared him to utilize traditional approaches (Cognitive-Behavioral, Psychodynamic and Gestalt), along with integrative approaches (such as meditation, soul work, accessing intuition, exploration of spiritual issues and dream work). The foundation of his work is based on developing mutual trust and respect with the persons he works with. He deals with many psychological and medical issues (illnesses and injuries) and focuses especially on integration of heart, mind and body to enhance self-awareness and self-acceptance.*