

Directions

From I495/South and North

Take Exit 23B for Route 9 West
Take Exit from 135/South Street toward
Westborough
Follow Route 135 for approximately 1 mile
69 Milk Street is the Mill Building on your Left

From Worcester/West

Take Route 9 East to Westborough
Take Exit for 135/South Street toward
Westborough
Follow Route 135 for approximately 1 mile
69 Milk Street is the Mill Building on your Left



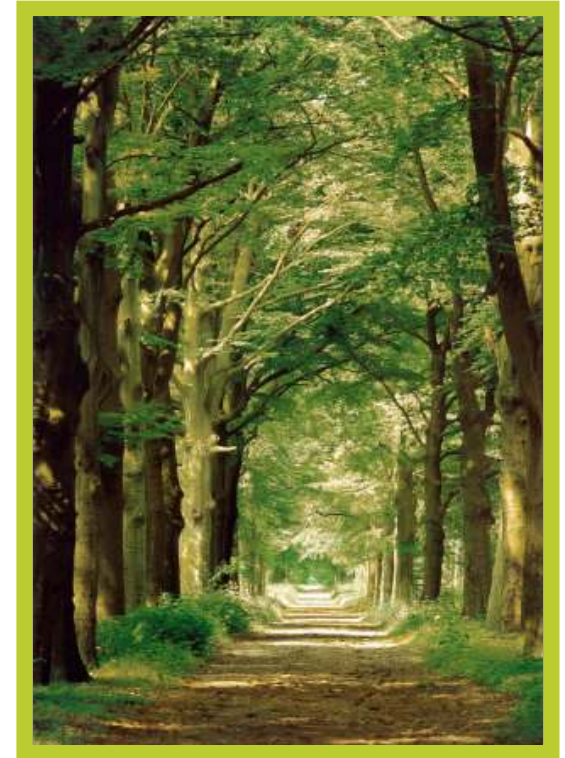
**“If we really love ourselves,
everything in our life works.”**

~ Louise Hay.

Liliana Hoyos-Murray, Psy.D.
Licensed Clinical Psychologist

69 Milk Street
Suite 208
Westborough, MA 01581
www.lilianahoyosmurray.com

P: 508.389.9988
F: 508.870.3174



Liliana Hoyos-Murray, Psy.D.

**Licensed Clinical
Psychologist**

Family Therapy
Individual Counseling

About Dr. Hoyos-Murray

Dr. Liliana Hoyos-Murray (or Dr. Liliana, as she is called by her clients), is a bi-cultural and bilingual (Spanish/ English) psychologist with 14 years of experience in primary care settings and in private practice.

Dr. Hoyos-Murray received her doctorate from the University of Denver's School of Professional Psychology. While in graduate school, Dr. Hoyos-Murray concentrated in Cognitive and Behavioral therapy treatments with an emphasis in behavioral medicine.

Dr. Hoyos-Murray received a fellowship to Yale University that included rotations at the substance abuse unit (CTU) and at the Connecticut Mental Health Center (CMHC). While at Yale, Dr. Hoyos-Murray received extensive training and supervision in other treatment modalities and conducted research in the use of EMD/R (Eye Movement Desensitization and Reprogramming) to treat dual-diagnosed trauma survivors.

After her fellowship Dr. Hoyos-Murray secured a grant from the National Health Service Corps to work at under-served, inner city, health care centers in exchange for repayment of students loans. Dr. Hoyos-Murray practiced at Charter Oaks/Rice Heights Health Center in Hartford, CT, and at Great Brook Valley Health Center in Worcester, MA. At these health centers, she was part of an interdisciplinary team comprising medical doctors, dentists, social workers, nutritionists, substance abuse counselors, and pastoral counselors.

In her years in the "trenches" Dr. Hoyos-Murray became a seasoned clinician who can work with a wide range of clients and diagnosis. Dr. Hoyos-Murray gained vast knowledge and experience while working at these clinics and found her work there to be deeply meaningful and fulfilling.

Since 2002, Dr. Hoyos-Murray has been working in private practice. After 8 years at a large group private practice located in Milford, MA, Dr. Hoyos-Murray has opened a new private practice in Westborough, MA.



Areas of Specialty

- Family and Couples Therapy
- Anxiety Disorders
- Depression and mood disorders.
- Trauma (EMD/R)*
- Performance Anxiety (EMD/R)*
- Relationship Issues
- Medical Conditions
- Substance Abuse
- Personality Disorders
- Life Transitions such as blended families, divorce, job changes, losses etc.
- School age children, adolescents and their families. **

*EMD/R is a treatment modality used to treat trauma and other anxiety disorders. It involves the use of directed bilateral eye movements in order to process, desensitize and view traumatic material from a different perspective.

**I work with children and adolescents from the perspective of family systems, and parent training.

“Every experience that we have is unique to us because at some deep level we make an interpretation of it.”

~ Deepak Chopra

Meet The Psychologist

I enjoy working with individuals, couples, adolescents, and school age children and their families. I use a mixture of interactive strategies and traditional cognitive behavioral therapy to empower clients to develop the skills and strategies necessary to manage and overcome life challenges. I provide a safe, non-judgmental, mentoring and nurturing place in which my clients can explore their issues and achieve desired change.

My approach includes exploring the effect of past events on present problems; understanding how our thoughts influence our behavior and can create our reality; seeing how changes in our behavior can alter the way we perceive ourselves and how our expectations of others can become a self-fulfilling prophecy. I also coach clients to develop skills and strategies to manage parenting issues, relationship issues, and overcoming self-defeating behaviors.

As a positive psychologist, I believe in the innate human potential to lead happier, more fulfilling lives.

I offer a range of non-traditional coaching services that include meditation, using the power of intention, using the Law of Attraction, the power of affirmations, and other self-empowering techniques to help clients achieve their goals.