

Biographical Information

Christina M. Van Puymbroeck, PhD

Dr. Van Puymbroeck (“Dr. Van”) earned her PhD in Counseling Psychology from Arizona State University. She went on to complete a postdoctoral fellowship in clinical health psychology focused developing treatment interventions for underserved populations experiencing pain and chronic illness. Throughout her education and career, Dr. Van has developed expertise in theory, research, and practice through the lenses of critical paradigms (such as feminist psychology) and has gone on to integrate a variety of liberation- focused models as a psychotherapist, professor, and consultant.

Dr. Van’s approach to psychotherapy is holistic and integrative. She draws on theories that both take into account multiple levels of analysis (personal, relational, sociocultural, and transpersonal) and consider therapeutic work insufficient if it only seeks to make a person more comfortable in a structure that continues to harm them. Equally essential to her approach is a commitment to the on-going work of showing up in all of our human complexity to help each other heal. With her personal style of warmth, compassion, and presence, Dr. Van encourages authentic empowerment, renewed ability to deeply connect, and focus on social change.

She is a sought-after speaker and educator on gender identity and disability issues and cofounded a research and advocacy group focused on disabled academics and dismantling structural ableism in the academy and beyond.