

Dr. Shepard has over 10 years of experience in the mental health field and has worked with a variety of diverse populations.

She obtained her Bachelor of Science in Social Psychology from Park University. She went on to earn her Masters in Social Work from the University of Southern California and worked in hospice and medical settings for six years. She provided therapy to terminally ill patients at the bedside, as well as to their families. She also worked with bereaved adults and children doing group therapy and planning all-day bereavement retreats.

Feeling there was room to grow professionally, she obtained her Masters in Clinical Psychology, as well as her Doctor of Psychology in Clinical Psychology from Alliant International University in San Diego. In the past few years, she treated diagnoses such as schizophrenia, depression, bipolar disorder, and trauma-related disorders. Additionally, she worked in the forensic arena performing child custody evaluations, administering forensic psychological evaluations, and treating outpatient clients with a trauma focus.

She completed her doctoral internship at the Martinsburg VA Medical Center where she worked with veterans in residential PTSD treatment, outpatient therapy, while also conducting psychological assessments including pre-surgical evaluations and personality diagnostic evaluations.

When she is not working, she enjoys making ceramic pottery and cooking.

Dr. Shepard is licensed as a social worker in Maryland, West Virginia, and Virginia. She is not licensed as a psychologist in any state.