

Dr. Allen is a licensed counseling psychologist who specializes in psychological assessment, as well as the treatment of mood disorders, stress, anxiety, trauma, racial identity issues, and interpersonal difficulties. She has experience working with adults, adolescents, and children. Dr. Allen provides a number of evidence-based treatments, including Cognitive Processing Therapy, Exposure and Response Prevention, Behavioral Activation, and Acceptance and Commitment Therapy. Dr. Allen strives to understand each individual's unique worldview and how it has been shaped by personal experiences, social interactions, culture, and language.

Dr. Allen obtained her Ph.D. in counseling psychology from University of Memphis in 2016. She completed her post-doctoral residency at UMSL Center for Behavioral Health in 2017.