# Karen Garcia, CRNP-PMNHP

Psychiatric Nurse Practitioner

**Karen Garcia** is a board certified psychiatric mental health nurse practitioner (PMHNP-BC) who provides compassionate, client-centered care to individuals navigating a wide range of mental health concerns. Fluent in both English and Spanish, she's passionate about creating a safe, inclusive space for clients of diverse cultural backgrounds to feel seen, heard, and empowered.

Karen's therapeutic style is rooted in collaboration, trust, and cultural sensitivity. She believes mental health care should feel human, not clinical, and works closely with each client to create personalized treatment plans that honor their unique experiences. Drawing from evidence-based practices and a trauma-informed approach, she supports her clients in building resilience, insight, and meaningful growth. Her goal is to help clients reconnect with their inner strength, navigate life's challenges with confidence, and feel supported every step of the way.