



Texas Psychological Association

## Member Spotlight



**Sophia K. Havasy, Ph.D., is a clinical psychologist in private practice in Houston.**

Dr. Havasy specializes in families of teenagers and young adults with risk factors such as ADHD, anxiety, or bipolar disorder. Dr. Havasy finds that it is easier to keep a young person on track than it is to do crisis management. To accomplish this, she works in conjunction with their families to prepare these young adults for college and the work force. She calls these “complicated launchings” because high-risk young people need, not only support, but also self-awareness to more effectively navigate an adult world that requires much more accountability than many of these young people have faced before. Dr. Havasy has written extensively to help parents work with their children to facilitate these transitions. She believes that ultimately, it is parents who launch young adults; professionals only assist.

Dr. Havasy holds an undergraduate degree from Duke University, and doctorate from Northwestern University at the Medical Center. For the last 24 years of private practice, Dr. Havasy has been a part of an interdisciplinary team at the Tarnow Center for Self-Management. Dr. Havasy has been a member of TPA since 1995. She did 8 years of fundraising in completing the MS-150. She is now preparing for the Half Marathon in January. She is someone who appreciates a challenge!

Follow her blog at [www.drhavasy.com](http://www.drhavasy.com) and visit the website [www.tarnowcenter.com](http://www.tarnowcenter.com).



***January 2014 member spotlight...Theresa Fernandez, stay tuned for her story in the January Newsletter!***

