

Diego F. Hernandez, Psy.D.

Licensed Clinical Psychologist

Clinical Director Military and PTSD Research USF College of Nursing

Licensed Clinical Psychologist and the Clinical Director of the Military Trial of Accelerated Resolution Therapy (ART) at The University of South Florida College of Nursing. Responsible for clinicians and clinical aspects of study. Presently training active duty Military mental health professionals in use of ART for combat trauma at 75th Ranger Regiment Ft. Benning GA, Ft. Belvoir Community Hospital, VA, and Walter Reed Army Medical Center Washington D.C.

With 20 years of mental health experience and a trauma expert, Dr. Diego works privately with active duty military, Veterans and Veterans' organizations like Green Beret Foundation, Wounded Warrior Project, Lone Survivor Foundation, and Camaraderie Foundation to address the needs of present and past service members with PTS/-D, anxiety, depression, marital conflict, and transition. In practice, special attention is on Special Forces and SOF community including junior and senior operators, with particular attention to human performance, transition and combat trauma.

Sixteen years teaching at university level with experience in designing online curriculum, trained and supervised masters and doctoral level therapists. Teaches mindfulness, relaxation and mediation skills for coping in a human performance context, both to enhance performance and manage specific stressors or illness. Dr. Diego is integrative and works collaboratively with nutritionists, physicians, physicians, and other professionals to comprehensively address individuals including medical trauma such as, anesthesia awareness, medical misadventures, chronic illness, post allergy trauma and loss of mobility.

Private practice is located in Westchase area of Tampa Florida: Balanced Living Psychology. Dr. Diego participates in veteran and civilian retreats and co-leads international Yoga and Mindfulness retreats. Dr. Diego is an avid motorcyclist and is the President and Founder of a Ducati Owners Club Tampa Bay Desmo.

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