



Elizabeth Anne Schroth

Therapist, Neurofeedback Specialist, Educational Coach

Background: Elizabeth Schroth (Liz) is a Licensed Clinical Professional Counselor (LCPC), a Nationally Board Certified Coach (BCC) and a trained Neurotherapy practitioner. Liz graduated Magnum Cum Laude from Hamilton College in New York with a degree in Psychology and minor in Biology with an emphasis on neuroscience. She earned her Master's degree in Clinical Psychology from Georgia State University, where she also completed advanced coursework in clinical psychology and clinical neuropsychology.

As part of her wide spectrum of experiences, Liz worked in various research and clinical capacities at the National Institute of Mental Health (NIMH) and Georgia State University (GSU). At NIMH, Liz worked in the Development and Affective Neuroscience Center, the Clinical Neuroimaging Lab, and in the Clinical Brain Disorders Branch. While at GSU, Liz worked in the Lab for the Study of Anxiety Disorders Across Development, in the Psychology Clinic, in the Regents Center for Learning Disabilities, and at the Beyond Words Center for Social Skills in Atlanta.

Practicing an integrated approach to therapy, Liz combines traditional talk therapy and educational coaching techniques with EEG Biofeedback, also known as “neurofeedback.” As a therapeutic method, neurofeedback has been shown to help people enhance their cognitive and emotional well-being. To develop her integrated approach, Liz has trained with leaders in the field of EEG Biofeedback. Within the William Stixrud Group, Liz operates a private practice, where she serves as Director of Neurofeedback Services.

Clinical Interests: Liz works with children, young adults, and their families to treat attention difficulties, mood and anxiety disorders, social skills issues, and sleep concerns using a combination of neurofeedback and/or traditional therapy. Most recently, Liz is using her integrated approach to therapy – combining traditional therapy, educational coaching, and neurofeedback – to help children overcome the secondary side effects of concussions (i.e., anxiety, depression, attention issues and executive functioning problems). She finds that the combination of these three approaches helps individuals accelerate the resolution of their post concussion symptoms. Liz's practice is one of the very few where neurofeedback, traditional therapy, and educational coaching are integrated into a total solution for her patients.

Philosophy: I am passionate about taking a humanistic and interpersonal perspective in supporting children, young adults, and their families. Each integrated therapy session is tailored to meet the needs of my clients and takes place in a caring, supportive, and comfortable setting. My approach values collaboration with individuals, parents, and other treating professionals. As a result, my therapeutic approach helps people develop healthy, nourishing, and empowering skills to improve their lives.