Teresa Y. Chapa-Cantú, Ph.D.

Ph.D. in Counseling Psychology, Licensed Psychologist

President of Resiliency Psychological Center LLC

​

Dr. Chapa-Cantu was born and raised in the Rio Grande Valley of Texas. She earned her Bachelor of Science in Psychology at the University of Texas - Pan American, and was accepted into a Ph.D. program shortly thereafter. At the University of Oklahoma (OU) in Norman, Oklahoma, she earned her Master of Education in Community Counseling, and her Ph.D. in Counseling Psychology. Her doctoral internship was subsequently completed at the Student Counseling Service at Texas A&M University in College Station.

Dr. Chapa-Cantu enjoys serving her native community through a range of bilingual (English and Spanish) psychological services to include psychological and educational assessments, individual and group psychotherapy, career counseling and planning, supervision of doctoral students and post-docs, and psychoeducational presentations/workshops. Her special interests include incorporating complementary and alternative medicine (such as meditation and yoga) and using animals and nature to assist in therapeutic healing.

Dr. Chapa-Cantu is a member of the South Texas Psychological Association, Texas Psychological Association, and the American Psychological Association. In 2014, she served a two-year term as President Elect-Designate for the South Texas Psychological Association (STPA), two more years as President, and is now the Past President of STPA. In her leisure time, Dr. Chapa-Cantu enjoys reading, spending time with family, traveling and playing with her fur babies (6 pets).