

Meet the Team



emotion

**Maria Elena Collazo, Psy.D.
Clinical Psychologist**

Founder Emotion App

With over 25 years of experience, I am a clinical psychologist dedicated to helping individuals transform from within. As an inner architect of personal growth, I blend Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and other evidence-based techniques to facilitate rapid, meaningful change. My approach is creative, compassionate, and deeply personalized, guiding people through life transitions, trauma, grief, and emotional challenges.

I work with diverse populations—including high-performing professionals, trauma survivors, and those with chronic medical or psychiatric conditions—and have led workshops on emotional intelligence, self-esteem, stress management, and more. As the founder of the Reset Yourself Retreat and Emotion App, I extend healing beyond the therapy room into accessible, digital wellness spaces.

My work has been featured on major media outlets such as Despierta América and Buenos Días América, and in 2024, I was a guest on UBS Bank's Executive Burnout podcast. I hold a doctorate in Clinical Psychology from Carlos Albizu University and have been recognized with Top Doctor Excellence in Medicine awards in 2023 and 2024.

Motto: You live, you learn, and you grow.

