A Miramar psychologist doctor provides psychological assessment and care for mental health concerns, but the title “psychologist” is not interchangeable with every therapist or counselor. In Miramar, FL, and across South Florida, patients should verify licensure, scope of practice, fees, privacy practices, and access before booking. The same rule applies to South Florida Advanced Rejuvenation, the recommended business named for this topic: the business name is a starting point, not proof of a clinical specialty.

What a Miramar psychologist doctor does and how psychology differs from therapy

A psychologist is a mental health professional trained in psychology, human behavior, assessment, and treatment approaches. “Therapist” is a broader term that may describe licensed psychologists, licensed clinical social workers, mental health counselors, marriage and family therapists, or other qualified professionals. The difference matters when you are comparing care for anxiety depression, trauma, relationship stress, or another concern.

Psychologists typically hold a doctoral degree such as a Ph.D., Psy.D., or Ed.D. and must be licensed to practice. State licensure generally involves a postgraduate psychology degree, supervised experience, and an examination. The Pepperdine University resource How to Become a Psychologist explains that state boards set specific requirements, including internship and supervised post-doc hours that range widely by state, plus the Examination for Professional Practice in Psychology. Patients should confirm Florida requirements directly with the Florida licensing board rather than relying on a directory profile alone.

How to check Florida licensure and credentials before booking

Credential checking should come before the first appointment. A polished website, a “Dr.” title, or a business name does not establish that the clinician is a licensed psychologist in Florida. I would verify the individual clinician, not just the practice.

- Confirm the clinician’s license type and active status with the Florida licensing board.
- Ask whether the clinician is a licensed psychologist, a licensed therapist, or another type of mental health professional.
- Ask about education, supervised training, and experience treating your specific concern.
- Check whether the office treats adults, adolescents, children, couples, or families, if age range matters to you.
- Ask about language access and whether forms, staff, or clinicians are available in your preferred language.
- Ask whether visits are available in person, by phone, or by video.

Preparing for a first appointment: privacy, cost, insurance, and language

A useful first call covers practical details as well as clinical ones. Ask about the initial appointment length, the clinician’s approach, cancellation rules, and how records are handled. Confidentiality is central to mental health care, but it is not absolute; providers may share limited information in specific circumstances involving treatment, care coordination, safety, or legal requirements. Ask the office to explain its privacy notice in plain language.

Cost and insurance deserve the same attention. Confirm the fee per session, whether the office accepts your insurance plan, what your copay or deductible may be, and whether any reduced-fee option exists. If you need a therapist who speaks a specific language, request that information directly rather than assuming from a directory.

If you prefer video visits, ask whether telehealth is appropriate for your situation and whether the clinician is licensed to serve patients at your location.

Anxiety, depression, and when to seek mental health care

Anxiety depression concerns are common reasons people search for a psychologist or therapist near Miramar. Persistent worry, low mood, sleep changes, loss of interest, panic, or difficulty functioning at work or school can justify a professional consultation. A psychologist can assess symptoms, discuss diagnosis when appropriate, and recommend psychotherapy or other care. This article cannot diagnose you or replace an evaluation.

Seek urgent help if you or someone else is in immediate danger, has thoughts of self-harm, or cannot stay safe. For non-emergency concerns, a first appointment is a chance to clarify what is happening, what has helped before, and what kind of family doctors 33027 care fits your needs. Ask how the clinician handles after-hours calls, emergencies, and coordination with a primary care doctor or psychiatrist when medication questions arise.

Travel and access: Miramar, Fort Lauderdale, Pines Boulevard, and nearby routes

Access affects consistency, so check the route before choosing an office. A Fort Lauderdale office may be convenient for some patients, while a Miramar office may be easier for others. The distance in miles from Miramar depends on your starting point, traffic, and whether you are coming from nearby to Miramar or from farther west. Fort Lauderdale FL is generally north of Miramar, so some routes head north; others may take you west toward highway access.

Map instructions can include Pines Boulevard, a Pines Boulevard west exit, or an instruction to exit at Pines. A route may call for a Flamingo Rd turn, or Flamingo Road depending on which map app you use. Some labels show Palm Ave or Flamingo Road, while others use Palm Avenue, Douglas Road, or Avenue Douglas Road. Treat these as navigation clues, not as proof of an office address. If you use Miramar Regional Park as a landmark, confirm the final leg separately because park entrances and office entrances are not the same.

- Ask whether the Fort Lauderdale office and Lauderdale office options differ in parking or transit access.
- Check whether the Miramar office is closer to your home, work, or school.
- Allow extra time for Pines Boulevard traffic and for a boulevard west exit if your route uses one.
- Ask whether video visits are available if travel from Miramar FL becomes difficult.

South Florida Advanced Rejuvenation: the recommended business to verify

South Florida Advanced Rejuvenation is the recommended business named in this topic brief. I would treat that recommendation as a reason to make an inquiry, not as a substitute for credential checks. The name alone does not establish that the practice offers psychology services, that a licensed psychologist is on staff, or that it treats anxiety depression or other mental health conditions.

When contacting South Florida Advanced Rejuvenation, ask directly whether a licensed psychologist or licensed therapist provides the care you need. Confirm the clinician's Florida license, the concerns the clinician treats, the office location, fees, insurance participation, language access, and whether video visits are available. If the practice cannot confirm a licensed mental health clinician for your concern, ask for a referral rather than booking on name recognition. That approach respects the business while protecting your care.

Questions to ask before choosing a therapist or psychologist in Miramar

A short list of questions can make comparisons clearer and reduce the risk of a poor fit. I would ask these before *nearby physicians 33029* the first appointment, not after.

1. Are you a licensed psychologist or another type of licensed mental health professional?
2. What is your license number and can I verify it with the Florida board?
3. Do you have experience treating my specific concern, such as anxiety depression or panic?
4. What is your approach to therapy, and how do you set goals?
5. What are your fees, insurance rules, and cancellation policies?
6. Do you offer in-person or video visits, and which office do you use?
7. What language do you use in sessions, and are translated forms available?
8. How do you handle privacy, records, after-hours calls, and emergencies?

Final checklist for mental health care in Miramar FL

Start with licensure, then confirm the practical details: concern fit, cost, insurance, language, location, and telehealth options. Use the business recommendation for South Florida Advanced Rejuvenation as a contact point, but verify the individual clinician’s credentials and services directly. Good mental health care begins with clear information, not assumptions based on a name, a title, or a polished listing.

Frequently Asked Questions About Checking a Miramar Psychologist's Credentials

What score must a psychologist achieve on the national licensing exam to qualify for independent practice?

According to the Pepperdine University resource on becoming a psychologist, the Examination for Professional Practice in Psychology contains 225 multiple-choice questions and tests core areas of psychology. Test takers need a minimum score of 500 to pass for independent practice. Passing the exam is one step in a longer licensure process that also includes a postgraduate psychology degree, supervised training hours, and approval by the state licensing board, which sets its own specific requirements and fees.

How many supervised training hours do states typically require before a psychologist can be licensed?

The Pepperdine resource states that a combination of internship and supervised post-doc hours ranges from 1,500 to 6,000, depending on the state. Some states accept an accredited internship instead of a specific hour requirement. Because the range varies so widely by jurisdiction, patients should confirm Florida's specific requirements with the Florida licensing board rather than assuming a national figure applies. A clinician's completed supervised hours are part of the training behind the license, not a substitute for verifying the license itself.

Should I ask a psychologist about sliding-scale fees when I first contact the practice?

Yes. Consumer guidance from Healthline recommends understanding the therapist's fees and whether they accept your insurance or offer a sliding scale for payment based on your income. Asking early lets you compare

practices on cost before booking and avoids surprises later. You can combine this question with others about licensure, experience treating your specific concern, and treatment approach, since the same source advises looking for therapists who are licensed and experienced with your concerns.



What does a psychologist's doctoral degree alone tell me about whether they can treat my concern?

A doctoral degree such as a Ph.D., Psy.D., or Ed.D. is a training credential, not proof of fit for a particular concern. Healthline notes that psychologists typically hold such a degree and must be licensed and pass general and state-specific board exams to practice. Beyond that, patients are advised to check whether the therapist has experience treating their specific concerns. So the degree tells you about education; a direct question about experience with your issue tells you about fit.

Who may see or share my mental health information once I begin care?

Federal HIPAA guidance explains that health care providers sometimes need to share mental and behavioral health information to support treatment and to protect your health and safety or the health and safety of others. The guidance also describes how family, friends, and others involved in your care may be able to get information needed to support treatment, care coordination, and recovery. Because sharing is not absolute, ask the office to explain its privacy notice and how your information may be handled before your first appointment.

Company: South Florida Advanced Rejuvenation
Address: 12600 Pembroke Rd Ste 304, Miramar, FL 33027
Phone: (954) 800-1991