



Insight Psychological Services

Insight Psychological Services Marks First Year of Practice

September 18, 2026

CLEARWATER, FL - September 18, 2026 -

Insight Psychological Services, PLLC has passed the one-year mark since opening in Clearwater, Florida, in July 2025, and the founder of the practice has used the milestone to revisit the reasons it was established. Therapy for children, teenagers, and adults across the Tampa Bay area remains the center of its work.

The concerns that bring people through the door range from anxiety, self-doubt, and low self-esteem to relationship and marital concerns, grief, and the challenges that can accompany major life changes such as a career change, new parenthood, or divorce. Insight Psychological Services, PLLC provides therapy for children, teenagers, and adults in Clearwater, Florida, working with clients drawn from across Pinellas County and the surrounding Tampa Bay area. The practice is led by Nicole Stuart, Psy.D., a licensed clinical psychologist and a member of the American Psychological Association.

The practice opened in July 2025 with a clear goal: to create a different kind of therapy experience for people who may have tried therapy before but did not feel truly understood or supported. . Rather than focusing only on a diagnosis , the practice starts from the whole person and the circumstances that brought them to therapy.

“A lot of the people who come to me have tried therapy before, but they left feeling like they weren’t really understood or that they weren’t making the progress they had hoped for,” said Nicole Stuart, Psy.D., owner and licensed clinical psychologist at Insight Psychological Services, PLLC. “That is a big part of why I opened this practice. I wanted to create a place where people feel heard and understood as individuals and where we can work together to understand what is really going on beneath the surface. After this first year, that is still what matters most to me, helping people gain insight into themselves so they can make meaningful changes that truly last.”

Individual therapy at the practice is shaped by who is in the room. Adults may come to therapy during a period of transition, and the work frequently touches on anxiety, self-doubt, and the process of healing from earlier experiences. Children may be brought in over emotional outbursts or changes in behavior that appear to come out of nowhere. They may seek support for concerns related to friendships, school or sports pressure, and figuring out where they fit. Further details on how that work is structured for each group are set out on the practice's individual therapy page.

In practice, the whole-person approach means looking at the presenting concern as a starting point rather than a conclusion. Anxiety in an adult client may be traced back to a transition that has not settled, a relationship under strain, or a period the client has never had space to process, and the work follows wherever that leads rather than staying with the symptom that prompted the first call. The same principle applies to younger clients, in which a behavioral concern is understood in the context of what is happening at home, at school, and among friends.

Sessions run for 55 minutes. A first appointment covers the reason for coming in, some background, and the goals the client wants to work toward, with history explored in more depth in later sessions as it becomes relevant to the presenting concern. The stated aim across all three groups is a safe, nonjudgmental space in which clients feel seen, heard, and able to make progress on their own terms.

Not all of that work happens at the Clearwater office. Telehealth extends the same services to clients elsewhere in Florida, delivered through a HIPAA-compliant platform that requires no client preparation. The practice does not bill insurance directly and instead issues a superbill to clients seeking reimbursement from their insurer.

A year into the practice, the reasons people seek therapy remain closely connected to why Insight Psychological Services, PLLC was created: to provide a place where people can feel understood, gain insight into themselves, and work through the challenges that brought them to therapy. Therapy for children,

teenagers, and adults remains the core of the practice's work in Clearwater and the Tampa Bay area. More information about the practice is available through its website and Instagram page.

###

For more information about Insight Psychological Services, PLLC, contact the company here: Insight Psychological Services, PLLC Nicole Stuart (727) 478-3196 drnmstuart@gmail.com 2189 Cleveland St Ste 227, Clearwater, FL 33765

Insight Psychological Services, PLLC

At Insight Psychological Services, we offer compassionate, high-quality mental health care, including psychotherapy, psychological assessments and testing, telehealth services, and psychoeducation.

Website: <https://insightpsychfl.com>

Email: drnmstuart@gmail.com

Phone: (727) 478-3196

