Ingrid Krecko, PsyD

Harrisburg, PA Psychologist

Dr. Krecko is a licensed Clinical Psychologist in Harrisburg, PA. She holds a Doctorate of Psychology (PsyD) degree in clinical psychology from Indiana University of Pennsylvania. Practicing as a generalist, Dr. Krecko works with individuals of all ages, as well as with families and couples. Her primary focus of treatment includes anxiety and depressive disorders, behavioral and emotional regulation skills, relationship distress, and identity issues. She also has experience working with individuals with mood disorders, personality-related issues, disordered eating, anger, and impulse-control problems.

Dr. Krecko integrates various empirically-supported therapies in her work, catering her treatment to each client’s needs and personality. She believes in the power of humor and compassion to help her clients identify and overcome barriers to living a rich and meaningful life. Please feel free to contact Dr. Krecko with any questions prior to scheduling an appointment. She looks forward to working with you