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Dr. Gomez holds a MA in Clinical Psychology and PsyD - dual concentration in Adult Clinical Psychology and Clinical Health Psychology from the Georgia School of Professional Psychology. She completed her Residency at North Florida/South Georgia VA Health System and Fellowship at Wellstar Psychological Services.

Dr. Gomez spends her professional time supporting clinicians at Wellstar and advocating for process improvements and policy change to enable physicians to make purposeful and meaningful contributions in their professional roles. Dr. Gomez is currently engaged in research on physician and APP well-being. Projects focus on assessing the impact of tailored interventions related to personal resilience, practice efficiency and culture of well-being on measures of burnout and workplace well-being.