

Donna C. Moss Brings 30 Years of Expertise to Adolescents, Young Adults, and Families

Empowering Mental Wellness



New York City, New York Feb 14, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Donna C. Moss, a seasoned Licensed Clinical Social Worker, is proud to announce her dedicated practice focusing on the mental health and well-being of adolescents, young adults, and families. With a wealth of experience spanning over three

decades, she specializes in issues ranging from stress, anxiety, and panic to parenting, divorce mediation, and health challenges. Her holistic approach and commitment to fostering connections make her a trusted resource for those navigating life's complexities.

Donna's diverse background includes significant roles in both corporate and non-profit sectors, where she has served as the National Director of Patient Services for the Leukemia Society of America and as a Health Educator for the New York Association for New Americans. Her experience extends to digital platforms, having held the position of Online Community Director for prominent websites such as iVillage.com, Weightwatchers.com, and Disney.com. Currently, she is the Clinical Supervisor at Solace House USA, where she continues to provide invaluable guidance to her clients.

"My mission is to help individuals and families navigate their unique challenges with compassion and expertise," says Donna. "I believe that the first appointment is crucial in understanding a client's history, assessing their level of crisis, and ensuring that a comfortable connection is established."

Donna's approach to therapy is rooted in her belief that mental health services should address the whole person—mind, body, and spirit. With multiple degrees, including a BA in English and Communications from SUNY Albany, a Master's in Psychology from NYU, and a Master's in Social Work from Yeshiva University, she brings a well-rounded perspective to her practice. Furthermore, she is a Certified Employee Assistance Professional and has completed extensive training in various therapeutic modalities, including Cognitive-Behavioral Therapy and mindfulness practices.

"I aim to create a safe and nurturing environment where teens and young adults feel comfortable expressing themselves," explains Donna. "By incorporating wellness practices such as yoga and mindfulness, I help my clients develop practical skills for managing their mental health."

Donna is committed to continuous learning and professional development. Her recent training includes participation in notable seminars led by Bessel van der Kolk, MD, focusing on trauma healing and the restoration of self. She has also completed the Trauma Research Foundation's Certificate Program in Traumatic Stress Studies, further enhancing her ability to support clients dealing with trauma.

What sets Donna apart is her unique brand philosophy. The "C" in her name symbolizes her connection to family and legacy, while the circle around the letters "mo" represents her commitment to providing "MORE" for her clients. This philosophy emphasizes a holistic approach that prioritizes genuine connections and authentic interactions.

"I work collaboratively with my clients to foster an environment conducive to growth," states Donna. "My goal is to be an approachable and nonjudgmental resource, ensuring that everyone who seeks support feels heard and validated."

In addition to her practice, Donna is an avid hiker, photographer, and yoga practitioner, and she enjoys time spent swimming and playing pickleball. She is married and is a proud mother of two, which enhances her understanding of the challenges families face today.

Learn More about Donna C. Moss:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83541518-Donna-Moss-Counselor-Therapist> or through her website, <https://www.donnacmoss.com/about-me>, and www.donnacmoss.com/course

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