

Carol Torres, LCSW: Supporting Mental Wellness Through Telehealth

Helping Clients Overcome Life's Challenges and Embrace a More Fulfilling, Balanced Life



New York City, New York Jun 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - Carol Torres, LCSW, is a dedicated bilingual (English and Spanish) Licensed Clinical Social Worker based in California, specializing in mental health support for adults. Graduating with her Master of Social Work from the University of Southern California in 2014, Ms. Torres combines her professional expertise with a deep understanding

of cultural nuances to provide compassionate and effective therapy.

With a focus on wellness and personal growth, Ms. Torres is passionate about guiding her clients through life's challenges. She understands the complexities of navigating cultural identity, family expectations, and generational patterns, especially for those in the Latino community. Her practice revolves around helping individuals who are dealing with anxiety, depression, relationship issues, and significant life transitions, as well as those seeking to heal from past traumas.

Ms. Torres emphasizes the importance of creating a safe, nonjudgmental space for her clients. "Therapy should be a place where you feel heard and understood," she explains. "I work collaboratively with my clients, tailoring each session to their unique needs, using evidence-based practices such as cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR) therapy, mindfulness, humanistic, and psychodynamic techniques."

In her practice, Ms. Torres assists clients in actively restructuring problematic thinking and behavioral patterns that may hinder their healing and growth. She believes that every individual has the potential for change and that therapy should empower clients to uncover patterns that may be holding them back. "Together, we'll develop healthier coping strategies and work toward meaningful change," she adds.

As a mental health professional, Ms. Torres is committed to ensuring that therapy is both accessible and effective. She offers remote sessions, making her services available to a broader audience throughout California. For those seeking support, Ms. Torres invites individuals to reach out for a free consultation to determine if her approach resonates with their needs.

"Finding the right therapist is a crucial step in your journey," Ms. Torres emphasizes. "If my approach resonates with you, I encourage you to reach out. Together, we can embark on a path to healing and fulfillment."

Learn More about Ms. Carol Torres:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/83929983-Carol-Torres-Counselor-Therapist>

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