

Danielle Bryant, MSW: A Compassionate Force in Social Work at Light and Life Therapy

Transforming Lives Through Personalized, Trauma-Informed Care in Norfolk, Virginia



New York City, New York Jun 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - Light and Life Therapy, LLC and Inspired to Grow, LLC proudly announce the addition of Danielle Bryant, MSW, as a Supervisee in Social Work. With a commitment to providing compassionate and effective mental health services, Mrs. Bryant employs a person-centered, trauma-informed, and solution-focused approach to therapy, serving clients both virtually and in person.

Mrs. Bryant's diverse experience in Social Work, which began in 2009, encompasses a wide range of roles in child welfare, mental health emergency services, juvenile justice, and community crisis support. Armed with both Bachelor's and Master's degrees in Social Work from Norfolk State University's Ethelyn R. Strong School of Social Work, she has developed a holistic understanding of the challenges faced by individuals and families across various life stages.

Focusing on a non-judgmental and inclusive approach, Mrs. Bryant works with clients from all walks of life, addressing crucial issues such as LGBTQ concerns, spirituality, relationships, and transitional life phases, including college and career changes, postpartum difficulties, and grief. Her extensive background equips her to guide clients through some of life's most challenging transitions, helping them establish new "life rules" to enhance their well-being and achieve their personal goals.

"I'm not coming for you... I'm coming WITH you! My passion lies in helping individuals recognize how life experiences have shaped their current realities and devising realistic strategies to achieve their aspirations," states Mrs. Bryant. "The goal is progress, not perfection."

In addition to her therapeutic work, Mrs. Bryant possesses specialized knowledge in spirituality, grief related to infertility and pregnancy loss, and boundary setting. Her empathetic nature and unwavering curiosity about life empower her to view each person she encounters as a potential source of inspiration and strength.

Outside of her professional endeavors, Mrs. Bryant enjoys swimming, writing, and exploring a variety of music genres. She finds joy in visiting Hilton Head Island, South Carolina, her favorite vacation destination.

Light and Life Therapy and Inspired to Grow, LLC, invites the community to connect with Mrs. Danielle Bryant for support and guidance in navigating life's complexities. Her dedication to fostering awareness and growth makes her an invaluable asset to the Tidewater community.

Learn More about Dr. Danielle Bryant:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023802-Danielle-Bryant-Social-Worker>, or Light and Life Therapy, <https://www.lightandlifetherapy.org/scheduleyoursessionsnowdaniellebryant>, as well as at Inspired to Grow, LLC with [Danielle Bryant](#).

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Danielle Bryant

[See on IssueWire](#)