

Martha Maria Mendez-Baldwin, PhD: Leading Youth Development as Director of Counseling at LIU-Hudson Graduate Center

Empowering the Future of Child and Adolescent Psychology



New York City, New York Aug 11, 2025 ([IssueWire.com](http://www.IssueWire.com)) - Martha Maria Mendez-Baldwin, PhD, a

licensed psychologist with over 20 years of experience in Applied Developmental Psychology, is making significant strides in advancing the field of child and adolescent psychology as the Director of Counseling, Psychology, and Therapy Graduate Programs at Long Island University-Hudson Graduate Center. Located in Purchase, New York, Dr. Mendez-Baldwin combines her extensive background in psychology with a passion for teaching and mentoring the next generation of mental health professionals.

In her capacity as an Associate Professor, Dr. Mendez-Baldwin teaches graduate-level courses in School Psychology, School Counseling, Mental Health Counseling, and Marriage and Family Therapy. She is dedicated to the academic and professional development of her students, supervising graduate internships and providing them with the skills needed to support young individuals navigating critical developmental transitions.

Dr. Mendez-Baldwin's commitment to promoting healthy development is evident through her innovative workshops aimed at parents, educators, and youth. These initiatives include parent training sessions, self-esteem workshops for adolescents, and bullying prevention programs, all designed to foster resilience and emotional well-being in children and teens.

Beyond her academic role, Dr. Mendez-Baldwin is a certified equestrian instructor, offering riding lessons to young children and individuals with special needs. This unique blend of psychology and equestrian instruction allows her to reach children in a therapeutic setting, promoting both mental health and physical activity.

Dr. Mendez-Baldwin earned her Master of Arts and Doctor of Philosophy degrees from Fordham University and is an active member of numerous professional organizations, including the American Psychological Association, Psi Chi: The International Honor Society for Psychology, Sigma Xi: The Scientific Honor Society, the New England Psychological Association, and the Association for Psychological Science. Her scholarly contributions include several peer-reviewed articles focused on bullying, self-esteem, and effective parenting strategies. Recently, she was honored with the 2024 Manhattan University Costello Award for Teaching Excellence, recognizing her outstanding contributions to education.

In her personal life, Dr. Mendez-Baldwin enjoys reading, cooking, spending time with her son and husband, and engaging in equestrian sports. Her travels often take her to her favorite vacation spot, Aruba, where she finds inspiration and relaxation.

Learn More about Dr. Martha Maria Mendez-Baldwin:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85023995-Martha-Mendez-Baldwin-Psychologist>

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. Martha Maria Mendez-Baldwin

[See on IssueWire](#)