

Tabitha Johnson, MA, MBA, LMFT, LCADC: Pioneering Trauma-Informed Care and Holistic Mental Health Solutions

Leading Expert Blends Clinical Expertise with Compassionate Leadership to Transform Lives



New York City, New York Aug 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - Tabitha Johnson, MA, MBA, LMFT, LCADC, a recognized authority in trauma-informed care and addiction recovery, is making significant strides in the mental health field. With over a decade of experience, Johnson has established herself as a go-to resource for individuals and families facing trauma, PTSD, substance use disorders, and

complex relational challenges.

Since she entered the behavioral health arena in 2009 and subsequently obtained licensure in 2013, Johnson has effectively merged management and direct patient care roles at a federally qualified health center. For the past five years, she has not only led her teams with vision and integrity but has also provided evidence-based therapy that fosters healing and resilience among her clients. Her expertise in Eye Movement Desensitization and Reprocessing (EMDR), a groundbreaking trauma therapy, stands out as a hallmark of her practice, demonstrating remarkable results in relatively short treatment durations.

In addition to her impactful public health role, Johnson operates a successful private practice, where her dual licensure in Marriage and Family Therapy and Substance Abuse Counseling enhances her ability to meet diverse client needs. Her academic credentials include a Master's degree in Counseling and an MBA, equipping her with the tools to integrate strategic leadership with clinical excellence.

Johnson is affiliated with several prestigious organizations, including the American Association of Christian Counselors (AACC), the EMDR International Association, and AMST. Her contributions extend beyond therapy; she has actively participated in organizations like NAMI and Prevent Child Abuse Nevada, advocating for mental health awareness and policy reform.

Beyond her professional achievements, Johnson is passionate about holistic wellness. As a certified health and life coach, she shares her personal weight loss journey and offers workshops on weight management and holistic health, inspiring countless individuals to pursue their wellness goals. Additionally, her commitment to nurturing emotional literacy in children is reflected in her published work, *Tabby Gets Her Feelings Out*, a children's book designed to help young readers develop crucial communication skills.

Whether through one-on-one client interactions, presentations at national conferences, or shaping policy at the organizational level, Tabitha Johnson's dedication to resilience, healing, and the integration of mind, body, and spirit in mental health care is truly transformative.

Learn More about Dr. Tabitha Johnson:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84497690-Tabitha-Johnson-Counselor-Therapist> or through her website, <https://www.tjohnsonmft.com/about>

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. Tabitha Johnson

[See on IssueWire](#)