

Dr. Constantina Kass: Providing virtual CBT in VA & FL, plus coaching expats worldwide to thrive and live fully.

Blending CBT Expertise and Global Coaching, Dr. Constantina Kass Helps Children, Families, and Expats Thrive



Fairfax, Virginia Sep 8, 2025 ([IssueWire.com](https://www.issuewire.com)) - Dr. Constantina Kass, a licensed, nationally certified school psychologist and internationally certified coach, is proud to announce her virtual therapy and coaching services for residents in Virginia and Florida, as well as coaching sessions for expat parents, teens, and families around the globe. With over 25 years of clinical experience and recognition as a Top Doctor in Virginia, Dr. Kass is dedicated to enhancing the mental health and well-being of her clients.

Dr. Kass specializes in Cognitive Behavioral Therapy (CBT) for children, adolescents, young adults, and parents experiencing anxiety and depression, offering personalized strategies to help clients navigate their emotional challenges. "My goal is to understand my clients' thinking, identify gaps in their skills, and teach coping strategies that foster success," says Dr. Kass. This approach is especially beneficial for families, as she focuses on enhancing family dynamics and equipping parents with effective support techniques for their children.

Dr. Kass conducts individual and group coaching sessions worldwide using a secure HIPAA-compliant virtual platform, ensuring a safe and supportive space for clients. Her diverse qualifications include certifications in Parenting, Expatriate, Adolescent, and Family Coaching, as well as a Ph.D. in School Psychology from Loyola University Chicago.

In addition to therapy, Dr. Kass provides coaching services tailored to parents, families, adolescents, and expatriates. Her coaching philosophy emphasizes partnership, helping clients discover a path to a prosperous and meaningful life aligned with their values and aspirations. "Coaching is about building self-confidence and social-emotional well-being, which are crucial for overcoming life's hurdles," Dr. Kass explains.

With a deep understanding of the challenges faced by expatriates and Third Culture Kids (TCKs), Dr. Kass draws from her personal experiences living in various countries, including Italy, Greece, Turkey, and Romania. Her dissertation research focused on an international school setting, which further informs her unique coaching and therapy methods. "I have a passion for helping expats and their families thrive in new environments," she adds.

Learn More about Dr. Constantina N. Kass:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3232680-Constantina-Kass-Psychologist> or through her website, <https://www.constantinakass.com/>

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