

Green, MSSW, LCSW, Recognized in America's Best in Medicine as a Pioneering Force in Psychotherapy and Holistic Healing

Innovative Therapist Integrates Martial Arts and Spirituality in Transformative Practice



Houston, Texas Nov 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - Ed Green, MSSW, LCSW, a Licensed Clinical Social Worker with over 30 years of diverse experience in mental health, proudly announces his

continued commitment to fostering healing and personal growth through his telehealth practice, Ed Green, LCSW Psychotherapy, Coaching, and Consulting, LLC. Known for his psychospiritual approach, Ed specializes in individual, group, and marital therapy, making significant contributions to the mental health field.

Throughout his prolific career, Ed has worked with a wide variety of populations, including children, adolescents, adults, families, and geriatric clients, in settings such as residential treatment facilities, hospitals, community mental health centers, long-term care facilities, and private practice. His expertise is particularly notable in addressing mental health disorders such as ADHD, anxiety, and behavioral issues through a unique blend of psychological techniques and holistic practices.

In addition to his therapeutic work, Ed is a distinguished martial artist, holding three black belts and serving as an instructor in Kung Fu and Tai Chi. His groundbreaking approach combines these martial arts disciplines with therapeutic practices, earning him induction into the Martial Arts World Peace Hall of Fame. This innovative fusion of Tai Chi and group therapy has proven effective for clients of all ages, promoting emotional regulation and resilience.

Ed's dedication to lifelong learning is reflected in his personal interests, including chess, reading, spending quality time with family and friends, and research, all of which enrich his therapeutic methodology. As the interim Clinical Director at Fresh Start Therapeutic Services, LLC, Ed continues to lead and inspire both clients and colleagues in the community mental health sector.

An accomplished author and speaker, Ed's first book, "Escape from Insanity: Illusions and Lies," delves into the importance of connecting with clients' spiritual nature in psychotherapy. This vital work underscores his belief in the integration of clinical expertise and holistic understanding, forming the basis for his workshops and retreats.

Ed Green's approach to psychotherapy, coaching, and workshops focuses on helping individuals identify and dismantle cognitive distortions that hinder personal growth. By utilizing Cognitive Behavioral Therapy (CBT) and Psychodynamic techniques, he guides clients toward self-discovery and transformation, fostering enhanced self-esteem and confidence.

Ed Green remains a guiding light in the field of psychotherapy, passionately helping individuals and organizations navigate their paths to meaningful transformation and holistic well-being.

Learn more about Ed Green:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/ed-green> or through his website, <https://www.overcomingtheinsanity.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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