

America's Best in Medicine Recognizes George P. Haywood, LICSW, for Excellence in Psychotherapy

Supporting Adults and Couples Through Evidence-Based Care, Coaching, and Personal Growth



Acton, Massachusetts Jan 7, 2026 (IssueWire.com) - George P. Haywood, LICSW, is a seasoned

psychotherapist, Licensed Independent Clinical Social Worker, and Certified Life Coach with more than 30 years of experience serving adults and couples across diverse clinical and community settings. Armed with a Master of Social Work from Bridgewater State College, George is the Founder of Inner Healing and Growth Wellness Center LLC in Acushnet, Massachusetts, where he provides comprehensive, client-centered therapeutic services rooted in compassion, skill-building, and personal empowerment.

Throughout his career, George has worked extensively in correctional facilities, behavioral health programs, and veteran support services, bringing a deep understanding of complex emotional and life challenges to his private practice. His areas of clinical focus include relationships, self-awareness, anger management, coping skills, and identifying and challenging limiting core beliefs that can hinder personal growth and emotional well-being. Known for his practical yet empathetic approach, George helps clients develop insight while equipping them with tools to create lasting change.

At Inner Healing and Growth Wellness Center, George offers a range of therapeutic modalities designed to meet clients where they are. Services include individual therapy, couples counseling, life coaching, and innovative “walk and talk” therapy sessions conducted in a peaceful outdoor setting that promotes reflection and emotional regulation. He also facilitates The Male Rebuild, a 12-week support and education group for men that addresses core beliefs, healthy relationships, grief, fatherhood, and coping strategies.

George’s treatment approach is grounded in evidence-based practices, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness-based techniques, and solution-focused interventions. By blending structured therapeutic methods with individualized care, he supports clients in building resilience, improving emotional regulation, and strengthening interpersonal connections.

Committed to accessibility and flexibility, George’s practice offers both in-person and virtual services, including telehealth and phone sessions. He specializes in working with adults experiencing depression, anxiety, stress, trauma, impulse-control challenges, relationship conflict, and men involved in the legal system.

Through a balanced focus on practical skills and deeper self-understanding, George P. Haywood continues to guide clients toward greater resilience, healthier lives, meaningful relationships, and sustainable personal growth.

Learn more about George P. Haywood:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/george-haywood>

America’s Best in Medicine

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