

# Tiffany Thompson, MSW, LICSW-S, Recognized by America's Best in Medicine for Healing and Lasting Breakthroughs

Founder of Breakthrough Beginnings, LLC, Empowers Individuals Through Evidence-Based, Compassionate Care



**Gadsden, Alabama Jan 15, 2026** ([Issuewire.com](http://Issuewire.com)) - Tiffany Thompson, MSW, LICSW-S, PIP, CDBT, is the Founder and Independent Business Owner of Breakthrough Beginnings, LLC, a private practice based in Gadsden, Alabama. A Licensed Independent Clinical Social Worker in both Alabama and Massachusetts, Tiffany is also a trained Supervisor with certification in Dialectical Behavior Therapy (DBT). Through her practice, she supports individuals navigating anxiety, relationship

challenges, trauma, and substance use, offering thoughtful, evidence-based care tailored to each client's unique needs.

Tiffany's academic foundation began with a Bachelor of Social Work from Jacksonville State University, followed by a Master of Social Work from The University of Alabama. She is currently pursuing her Doctorate in Clinical and Medical Social Work at Capella University and is working toward becoming an Adoption Competent therapist, further expanding her ability to serve individuals and families across a wide range of life experiences.

With more than eight years of experience, Tiffany has worked with diverse populations in family services, medical social work, and both inpatient and outpatient psychotherapy settings. Her therapeutic approach integrates Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Solution-Focused Brief Therapy (SFBT), and Acceptance and Commitment Therapy (ACT). Central to her work are mindfulness, emotional regulation, and interpersonal effectiveness—core skills that help clients navigate emotional challenges and create meaningful change.

Tiffany is deeply committed to fostering a supportive, motivating, and nonjudgmental environment where clients feel safe to explore their experiences and move toward healing. She believes in empowering individuals to recognize their strengths, develop emotional resilience, and take ownership of their personal growth. For Tiffany, DBT is a powerful modality that allows clients to accept their past while actively building a healthier, more fulfilling future.

At Breakthrough Beginnings, LLC, Tiffany defines a “breakthrough” as a pivotal moment that changes the course of one’s life for the better—a conscious decision to stop settling and start thriving. “A breakthrough is something that ensures life will never be the same again,” she explains. “It requires courage and bravery to take that first step toward a happier, more fulfilling life, and I am here to support clients throughout that process.”

Outside of her professional work, Tiffany enjoys traveling, spending quality time with her children, and staying informed through publications such as Psychology Today and Substance Abuse. Through her practice, she remains dedicated to helping clients embrace self-awareness, recovery, and the courage to live authentically—guiding each individual toward their own meaningful breakthrough.

### **Learn more about Tiffany Thompson:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/tiffany-thompson> or through her website, <https://tiffany-thompson.clientsecure.me/>

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