

America's Best in Medicine Features Laura Ness, PsyD: Founder of Balancing Minds Wellness

Licensed Clinical Psychologist Offers Trauma-Focused Mental Health Services for
Individuals and Families in New York and Florida



Alden, New York Mar 18, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Laura Ness, PsyD, is a Licensed Clinical Psychologist and the Founder of Balancing Minds Wellness, providing a safe and supportive environment for individuals and families navigating the lasting effects of trauma. Dr. Ness offers in-person sessions in Commack, New York, as well as secure telehealth services for residents of New York and Florida.

Licensed in both states, Dr. Ness specializes in the treatment of trauma-related disorders, including complex and developmental trauma and dissociative disorders. Her therapeutic approach integrates evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Trauma Model Therapy, and sand tray therapy for children.

Dr. Ness holds a Doctoral Degree from Alliant International University, as well as two Master's degrees—in General Psychology and Clinical Psychology—which provided a strong academic foundation for her doctoral research. Her dissertation focused on dissociative identity disorder in adult male survivors of childhood sexual abuse, exploring characteristics and symptom profiles. This work offered valuable insights into how complex trauma manifests in men, informing her expertise in the treatment of severe trauma.

“What I enjoy most about working with trauma specifically is the privilege of witnessing transformation,” says Dr. Ness. “I am continually inspired by the resilience of the human spirit and the courage it takes for individuals to confront their pain, develop insight, and reclaim a sense of safety in their lives. Being trusted with someone's story is a profound responsibility, and I find deep meaning in helping people move from survival mode into healing, growth, and self-compassion. Helping someone find hope, safety, and a sense of self is what continues to inspire me every day.”

What distinguishes Dr. Ness's practice is her deeply relational and responsive approach to care. Patients frequently describe her as attuned, present, and unwaveringly invested in their healing journey. She prioritizes emotional safety, reliability, and connection, fostering a therapeutic environment where individuals feel truly seen, heard, and supported. These qualities often create the trust and openness that are essential for meaningful therapeutic progress.

“I truly love people. I love getting to know them, what they've been through, and what makes them who they are today. I'm always moved by people's experiences and by the strength it takes to keep going, especially when life has been painful or complicated,” Dr. Ness adds. “What matters most to me is helping people feel comfortable being themselves. I want them to feel seen, accepted, and cared for, not judged or rushed. I believe healing happens when someone feels safe enough to be real, and when they know they're not alone in what they're carrying. Being able to offer that kind of presence and connection is what makes this work so meaningful to me.”

In addition to her clinical practice, Dr. Ness is a published author and consultant who contributes to professional literature and collaborates with colleagues to advance trauma-informed care. She is recognized for her ability to work with complex clinical presentations with patience, skill, and empathy.

Balancing Minds Wellness continues to grow under Dr. Ness's leadership, emphasizing compassionate,

evidence-based care that respects each client's lived experience and unique journey. Through both in-person and telehealth sessions, Dr. Ness remains committed to helping individuals and families heal, regain safety, and foster resilience in the face of trauma.

Learn more about Dr. Laura Ness:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/laura-ness>, or through her website, <https://balancingmindswellness.com/>

America's Best in Medicine

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