

# America's Best In Medicine: Joshua Zisholtz B.F.A., L.C.S.W.: Empowering Couples Through Transformative Psychotherapy

Offering Expert Therapy Services Across Multiple States



**Lafayette, Colorado Apr 9, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Joshua Zisholtz, B.F.A., L.C.S.W., a licensed clinical social worker and psychotherapist, is dedicated to providing compassionate and effective mental health support to individuals and couples. Operating his private practice, Joshua Zisholtz,

LCSW, PLLC, from Lafayette, Colorado, Joshua serves clients across New York, New Jersey, and Colorado, specializing in helping high-functioning adults navigate life transitions, relationship challenges, and personal growth through evidence-based therapeutic approaches.

With a career rooted in diverse mental health settings, Joshua began his journey as a clinical social work intern at Elmhurst Hospital Center and the Pratt Institute Office of Health and Counseling. Here, he provided supportive therapy and psychoeducation to a variety of populations, including students and adults facing severe mental illness. This foundational experience in clinical practice and collaborative care shaped his commitment to client-centered therapy, nurturing his ability to connect with clients from all walks of life.

Joshua further developed his expertise at Services for the Underserved in Brooklyn and the Larchmont-Mamaroneck Community Counseling Center. His work in these roles emphasized holistic care, integrating mental health support with life skills development and community resources, particularly for underserved populations grappling with socio-economic challenges. Through his dedication to fostering resilience and empowerment, Joshua has become a trusted resource for individuals seeking personal growth and healing.

In addition to his clinical practice, Joshua is passionate about mentoring emerging therapists. During his tenure at Resilience Lab Psychotherapy in New York City, he provided guidance to new clinicians in building their private practices, offering individual and couples therapy while fostering professional development in a nurturing environment. His mentoring approach emphasizes resilience, self-awareness, and empowerment, enabling both clients and colleagues to achieve meaningful outcomes.

Before committing to a career in psychotherapy, Joshua cultivated a rich background in the arts and hospitality. He holds a B.F.A. in Acting from Emerson College and completed professional actor training at The William Esper Studio, where he gained experience in television, commercials, and theater. His work in the hospitality industry, managing and directing wine programs for various restaurants, reflects his passion for service, education, and community engagement. This diverse background enriches his therapeutic practice, allowing him to approach mental health with creativity, empathy, and adaptability.

Joshua is a proud member of professional organizations, including the National Association of Social Workers (NASW) and SAG-AFTRA (Screen Actors Guild – American Federation of Television and Radio Artists). His memberships reflect his commitment to ongoing professional development and engagement with the broader mental health community.

“I love connecting with people and helping them navigate challenges in their mental health and well-being,” Joshua explains. “It’s incredibly rewarding to witness personal growth and transformation in my clients as we work together in a supportive and therapeutic relationship.”

### **Learn more about Joshua Zisholtz:**

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

### **America’s Best in Medicine**

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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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