

Enrique Torres, M.A., LPC, LMFT, NCC, Continues a Lifelong Commitment to Mental Health and Behavioral Wellness

Providing Compassionate Counseling, Clinical Expertise, and Education Through Decades of Service



Victoria, Texas Sep 25, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Enrique Torres, M.A., LPC, LMFT, NCC, is a seasoned mental health professional whose career has been defined by a lifelong commitment to psychology, counseling, and helping individuals navigate complex emotional and behavioral challenges.

Practicing since 1984, Enrique has built extensive experience across correctional, school-based, community, and private practice environments, serving individuals, couples, and families throughout his career.

Enrique earned his Master of Arts in Applied Psychology from the University of Houston–Victoria in 1984, beginning his professional journey in the correctional system. During approximately two years working within the prison system, he gained firsthand experience with behavioral health concerns and criminal behavior. He later joined the Victoria Independent School District, where he directed substance abuse programming for five years. These early roles established a foundation for his continuing focus on addiction recovery, behavioral health, and the complex factors affecting individuals and families.

Enrique became a Licensed Professional Counselor (LPC) in Texas in 1992, followed by his Licensed Marriage and Family Therapist (LMFT) credential in 1993. In 1994, he earned his National Certified Counselor (NCC) certification. His professional development has continued throughout his career through extensive education in victimology, trauma-focused care, behavioral disorders, and other areas relevant to clinical practice.

As a co-founder of New Beginnings Clinic in Victoria, Texas, Enrique continues to provide therapeutic services using approaches that include Cognitive Behavioral Therapy (CBT) and solution-focused therapy. His areas of specialization include substance abuse treatment and recovery, trauma and victim support, adolescent conduct disorders, parenting and family systems therapy, major affective disorders, criminal behavior diagnostics, forensic counseling, and victim-perpetrator dynamics.

A central part of Enrique's work is helping clients recognize their strengths and develop practical strategies for meaningful change. His approach reflects his belief that progress can emerge when individuals gain greater insight into their circumstances, develop resilience, and become empowered to make constructive changes in their lives.

Beyond his clinical practice, Enrique has maintained an active role as an educator and public speaker. He has presented at state conferences on the diagnostic criteria of criminal behavior, as well as victim-perpetrator traits and dynamics. He has also provided community-focused educational presentations through Hope of South Texas and the Women's Crisis Center. His contributions to community education have earned him Trainer of the Year honors from both organizations.

Enrique is also a member of the La Bahia Counselors Association and continues to contribute his knowledge through professional and community engagement. His work reflects an ongoing dedication to education, professional development, and the broader understanding of mental health and behavioral issues.

For Enrique, one of the most rewarding aspects of practicing in the mental health field is witnessing people grow through their challenges. Seeing clients become empowered as they gain insight, build resilience, and make meaningful progress remains a driving force behind his work.

After decades in the profession, Enrique continues to approach counseling with the same passion for helping others that first drew him to psychology. His career encompasses clinical practice, education, community service, and advocacy, reflecting a sustained dedication to supporting individuals and families as they work toward greater emotional stability and meaningful behavioral change.

Learn more about Enrique Torres:

Through his America's Best in Medicine profile: <https://americasbestinmedicine.com/connect/enrique-torres>

America's Best in Medicine

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