

Susan A. Goldsmith, LCSW, LICW, BDC, Licensed Independent Clinical Social Worker with Main Line Coun

Get to know Licensed Independent Clinical Social Worker Susan A. Goldsmith, who serves the population of Washington State.



New York City, Mar 20, 2019 (IssueWire.com) - Susan is a Licensed Independent Clinical Social Worker and co-founder of Main Line Counseling & Wellness Center. She specializes in individual, couples, and group therapy. Main Line Counseling & Wellness Center uses evidenced-based and holistic services include brief counseling as well as more intensive psychotherapy for a wide variety of issues and concerns. They also offer chiropractic care, acupuncture, massage therapy, reiki, nutrition, psychiatry, and yoga/movement classes for targeted issues through our in-house wellness providers.

Susan holds expertise in Anxiety and Depression, Relationship and Communication Issues, Social Anxiety, Substance Abuse/Dependence, Codependency / Partners or Parents of, Substance Users, Adult Children of Substance Users, Coping with Narcissistic Parents, Stress Management, and Career/Life Transitions. She holds the following expertise in terms of group therapy: Stress Management, Overcoming Social Anxiety, Seasonal Mindful Walks, Mindful Parenting, Family Healing in the Midst of Addiction, and Motivational Interviewing. To stay up to date in her field she remains a professional member of the National Association of Social Workers and the Pennsylvania Society for Clinical Social Work.

Susan uses a Person-Centered framework with therapeutic techniques from Cognitive Behavioral Therapy, Motivational Interviewing, Interpersonal Cognitive Problem Solving, Mindfulness, and Acceptance and Commitment Therapy to enhance the individual or group's experience and provide effective feedback necessary to make positive changes.

Susan graduated with her Bachelor of Arts in Sociology from the Millersville University of Pennsylvania in 1996. Furthering her education she graduated with her Master of Social Work from the University in 2003, giving her over a decade of experience in her field.

Susan attributes her professional success to her tenacity, sensitivity, insight, and education.

Learn More about Susan A. Goldsmith:

Through her findatopdoc profile, <https://www.findatopdoc.com/> Through Main Line Counseling & Wellness Center, Inc. <https://www.mlcwellness.com/>

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