



Ava Diamond, Psychotherapist/
Pro Athlete/Speaker/Author
Mental Fitness,
Nutritional Psychology, &
Success Strategies
avadiamondmentalfitness.com

AVA DIAMOND, LCSW

PROFESSIONAL PROFILE

Over 30 years of clinical experience as a therapist, educator, supervisor, and speaker.

More than a decade of business development success.

Diversified experience in health and wellness.

Licensed in CT and NJ

CONTACT DETAILS

Mobile: 203-671-4152
Email: Ava@avadiamondmentalfitness.com
Website:
www.avadiamondmentalfitness.com
Address: 1 Main St. #407 Edgewater, NJ
07020

CAREER SUMMARY

DIAMOND MIND STRATEGIES: PRIVATE PSYCHOTHERAPY & COACHING PRACTICE

Globally since 2009

Grounded in evidence-based clinical theory, my program helps those struggling with addiction, depression, anxiety, life transitions, and chronic stress through mindset, restoration, movement, and nutrition strategies.
www.avadiamondmentalfitness.com

CLINICAL CONSULTANT/EDUCATOR/FACILITAOR

Nationally since 1993

- *Supervised therapists at Yale University Child Study Center
- *Developed treatment program psychoeducational content and protocols
- *Taught at Yale University School of Medicine
- *Facilitated workshops for a wide range of audiences from our US Military to Fortune 50 companies.to Law Firms and more

CURRENTLY:

- *Clinical Consultant for Adventure Recovery
www.AdventureRecovery.com
- Director of Wellness & Counseling at the Elisabeth Morrow School
www.elisabethmorrow.school.org
- Chief Messaging Officer for My Friend Violet
www.myfriendviolet.com

ACADEMIC BACKGROUND

COLUMBIA UNIVERSITY, SCHOOL OF SOCIAL WORK

Masters in Clinical Social Work, 1992

UNIVERSITY OF SOUTHERN CALIFORNIA

Bachelors of Arts in Communication, 1987

SKILLS AND INTERESTS

Published Author
Professional Blogger
Professional Fitness Competitor