



Ana Mora is a Licensed Mental Health Counselor. She received her B.S. from Fordham University in 1980 and her M.Ed. in Counseling Psychology from Teachers College, Columbia University in 1984. During her graduate studies, Ms. Mora began counseling students at La Guardia Community College in 1985 and was subsequently hired as a full time member of the Counseling Department at the College. Since then, Ms Mora worked with a highly diverse study body on issues such as: depression, anxiety, anger, abuse. Ms Mora received training in Cognitive Therapy, Rational Emotive Therapy, Trauma Counseling, Psycho-dynamic Therapy, Psychodrama, Dialectical Behavioral Therapy, and ACOA treatment. While she considers herself a generalist, she has special expertise in working with adults who underwent trauma as children. She is also bilingual in Spanish and English.