

Hilda Massoud

Psychotherapist, LCSW

Approved Biography


11.15.2020

Hilda Massoud (she/her) is a Palestinian artist, poet, dancer, feeler, and mover. She actively seeks various ways of resisting, restoring, releasing, and retreating to remain present and connected. She believes everyone has a unique light to shine and, as unique as each individual is, so is their own personal healing journey.

Hilda is a Licensed Clinical Social Worker with over 7 years of experience in the mental health field. Her areas of focus include complex trauma, intimate partner violence, chronic illness, terminal illness, life cycle transitions, grief, interpersonal relationships, caregiving challenges, immigration and acculturation, and structural violence. Hilda has worked directly with children, youth, adults, and older adults, both individually and within family systems. She has also worked with clients via Family Service Agencies and home-based primary and palliative care teams.

Hilda contributes to wider conversations for all involved to become active participants in the vast variety of creative paths toward the goal for individual and community wellness. She has experience conducting trainings on mental health and substance use to community and city agencies throughout the 5 boroughs. She has also participated in and facilitated trainings centered for Black, Indigenous, and People of Color to heal in community, for community. Hilda values working from within to radiate transformative waves of healing, justice, and harmony outward to all our relations. She is certified in Indigenous Focusing-Oriented Therapy (IFOT) and utilizes land-based tools, body-focusing techniques, and dreamwork to heal complex trauma experienced personally, intergenerationally, and collectively. She is currently a coach-in-training in the program.

Hilda invites space to attend to the mental, physical, spiritual, emotional, and social aspects of an experience. She is a Reiki level II practitioner, offers energy healing sessions, and is open to alternative ways of knowing to enhance mindful living, loving, and being.

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