

# TGIF Provider Spotlight: Doris Kochinsky



Doris Kochinsky, MSW, LCSW, has been credentialed as a Licensed Clinical Social Worker since April 17, 1985. With nearly 40 years of experience, she's dedicated her career to helping people navigate life's challenges, particularly when it comes to managing depression and anxiety.

"Life can be tough," Doris says.

"Depression and anxiety can limit your growth, but everyone deserves to

experience joy in life. It all starts with taking care of yourself."

Doris' approach to care focuses on self-care and healing, encouraging her clients to find small, meaningful ways to improve their mental well-being. Her work is grounded in the belief that everyone can grow and heal, given the right support.

Outside of her professional life at Outpatient Medical Center, Doris enjoys spending time in her garden, finding peace in nurturing plants; a reflection of how she approaches her work with clients.

For Doris, it is not only about treating mental health conditions, but also about helping people reconnect with the joy and growth that they deserve.