

Feeling Good Psychotherapy Hosts Free Virtual Summit on Healing Self-Doubt

New York practice brings nine therapists together October 24 for a free online event on the inner critic, self-compassion and core beliefs

WHITE PLAINS, NY, UNITED STATES, October 15, 2026 /EINPresswire.com/ -- Perfectionism, people-pleasing and the feeling of having to keep earning one's place are familiar to many adults. On Saturday, October 24, Feeling Good Psychotherapy will host the You Are Enough Summit, a free virtual event on healing self-doubt. The White Plains-based practice offers [online therapy in New York](#), New Jersey and Connecticut, as well as several Southeastern states. Nine of its therapists will take part from 10:00 a.m. to 4:00 p.m. ET.



Learning to be kinder to ourselves can be the beginning of meaningful change, stronger self-worth, and a more compassionate relationship with who we are.

Why Self-Doubt Feels So True

“

For nearly 30 years I've sat with people who look successful on the outside and still feel like they're never quite good enough on the inside.”

Dr. Elise Munoz, LCSW, DSW

Psychotherapy.

Self-doubt is often driven by an inner critic. Therapists at the practice say that voice is shaped by early experiences and by a culture that ties worth to achievement. Understanding where it comes from can be a first step toward loosening its hold.

“For nearly 30 years I've sat with people who look successful on the outside and still feel like they're never quite good enough on the inside,” said Dr. Elise Munoz, DSW, LCSW, Founder and Clinical Director of Feeling Good

Nine Sessions on Self-Doubt

Each of the nine sessions approaches self-doubt from a different angle. Some focus on the inner critic itself, through self-compassion and the core beliefs behind “not good enough.” Others look at how self-doubt shows up in the body, through mindfulness, Buddhist psychology and yoga. The rest cover trauma, cultural pressure and shame, values, relationships and support for transgender and nonbinary youth.

The presenters are Kristine Samonte, LMSW; Lee Ann Genussa, LCSW; Kelli O'Donnell, LMSW; Maria Cristina Latorre, LMSW; Kate O'Grady, LMSW; Rachel Mitaritonna, LCSW; Amanda Massa, LCSW; Juliana Cousins, LMHC; and host Dr. Munoz, a Master Level 5 TEAM-CBT therapist and trainer who is also adjunct faculty at NYU Silver.

“I’m so proud to bring our whole team together for one joyful day built around a single idea: you are already enough,” said Dr. Munoz.

How to Attend the Virtual Summit

The summit takes place Saturday, October 24, from 10:00 a.m. to 4:00 p.m. ET. It is fully virtual, so attendees can join from anywhere. Attendance is free.

Attendees can register for the summit online or contact the practice at (212) 335-1612.

Registrants receive the free You Are Enough workbook and can take part in a live question-and-answer session with Dr. Munoz.

The summit is educational and is not a substitute for therapy. Anyone in crisis can call or text 988 or go to the nearest emergency room.

About Feeling Good Psychotherapy

Feeling Good Psychotherapy is a New York-based psychotherapy practice led by Dr. Elise Munoz, serving clients since 2015. The practice provides online individual therapy, family therapy and



We all deserve spaces where we can feel heard, embrace our imperfections, and remember that we are enough just as we are.



Making space for self-compassion can help us quiet our inner critic, reconnect with ourselves, and recognize that we are enough just as we are.

therapy for children and adolescents. Services are available online to clients in New York, New Jersey, Connecticut, North Carolina, Georgia, Tennessee and Florida. The practice accepts major insurance plans.

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