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Michelle B. Moore, Psy.D., ABPP, is currently an associate professor at Louisiana State University Health Sciences Center (LSUHSC) and serves as section chief for psychology in the Department of Psychiatry and Director of Faculty Development for the Department of Orthopaedic Surgery. She is board certified in clinical psychology, is a Certified Wellness Provider with National Wellness Institute, and received her master's degree in school psychology and doctoral degree in clinical psychology from Pace University in New York, New York. She provides psychotherapy for children through adults as well as special education evaluations for charter school students in New Orleans. In addition to her clinical roles, Dr. Moore is active in teaching, research, service to the profession of psychology and service to the medical school through faculty development initiatives. She most enjoys presenting on sustainable wellness, child development, understanding ethical dilemmas in clinical practice and psychodynamic psychotherapy. Dr. Moore recently published *Sustainable Wellness: A Memoir of Loss, Perseverance and Resilience*, which serves as the foundation for her sustainable wellness workshops.