

Melissa Mose is a Licensed Marriage and Family Therapist in private practice in Los Angeles since 1995. She is a Certified Internal Family Systems therapist and an IFSI-approved professional consultant. Melissa is also president of the southern California affiliate of the International OCD Foundation and is an international speaker and educator on Obsessive Compulsive Disorder and its treatment. In her role on the board of OCD Southern California she has advocated for individuals with OCD, hosted speakers' series, trainings, and organized and presented at the second largest OCD conference worldwide.

She has served on staff for multiple Level 1 and Level 2 experiential IFS trainings through the IFS Institute, and she has received extensive training in IFS with multiple IFS masters including Dick Schwartz, Martha Sweezy and Mary Kruger and she offers workshops and consultation groups on using the IFS model to treat OCD and anxiety.

Melissa did her masters and subsequent PhD coursework at Pacifica Graduate Institute where her research focused on the Adult Attachment Interview as a measure of attachment security in performing artists. She took a leave from that program to attend to her daughter's severe OCD and refocused her education and experience to develop the skills to treat this often devastating and disabling condition. Her work for over a decade has been driven by a passion to find more compassionate and accessible treatment for OCD.