

Theresa Knorr

Theresa has over 30 years of experience in counseling, coaching and case management, specializing in addiction & mental health treatment and recovery. She has been teaching, training & developing curriculum focused on wellness, staff and client self-care, relapse prevention and personal growth for more than 15 years.

Prior to joining FOR – New York, Theresa was the Clinical Supervisor/Program Director of a chemical dependency residential treatment facility and is the owner of BALANCE Recovery Consultation | Tai Chi for Recovery.

She is a Certified Alcohol & Drug Abuse Counselor in Arizona and retired CASAC in New York. Ms. Knorr's previous employers include Pahl, Inc., Hope House, Hudson Mohawk Recovery Center, Equinox and Transitional Services Association, Inc. – Hedgerow House.