



Kelly Greco, *PsyD*

USC Glorya Kaufman School of Dance

Tell us a bit about yourself.

I received my doctorate in Clinical Psychology from the California School of Professional Psychology in Sacramento, CA and a Marriage and Family Therapy degree at the University of San Francisco.

I am honored to be able to assist with outreach and clinical services to support the USC community. I have served in college mental health for over 15 yrs. I am passionate about engaging with a community and helping them achieve a higher level of wellbeing and learn the life skills we all need to recover from stress and challenges.

What interests you about working with USC Glorya Kaufman School of Dance students

I was a Fine Arts major (dance) many years ago at another university. I am excited I can help support and serve the Kaufman community. My interests include meeting the unique expectations and needs that arise with our wellbeing and mental health when we are performing and studying dance.

Do you have a favorite quote that keeps you motivated?

“Life is full of setbacks. Success is determined by how you handle setbacks.”

What do you do to de-stress?

I obviously love to dance. I also focus on creating a daily structure with goals I need and want to accomplish, use prayer, meditation, mindfulness practices, yoga, focus on what brings me joy and what I am grateful for.

Also, the beach is a place of peace and very restorative when I am stressed.