

Gladys Frankel, Ph.D., Offers Expert Psychological Services to Clients Nationwide

Transforming Lives Through Compassionate Care and Innovative Techniques



New York City, New York Apr 22, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gladys Frankel a prominent clinical psychologist with over three decades of experience, is revolutionizing the field of mental health with her compassionate approach and cutting-edge techniques. Licensed in New York, Florida, and New Hampshire, and with Psypact APIT authority for telehealth in 40 states, she is dedicated to helping individuals, families, and couples achieve their full potential and lead fulfilling lives.

As the Director of Behavioral Health at Mount Sinai New York's Palm Beach-Concierge Care, and her own private practice, Dr. Gladys Frankel Psychology Group, Dr. Frankel is renowned for her expertise in addressing a wide range of psychological issues, including depression, anxiety, relationship issues, stress/resiliency, parenting/divorce issues, and eating disorders. Her goal is to empower her clients to overcome their obstacles, optimize their mental fitness, and achieve peak performance.

Dr. Frankel's personalized treatment approach sets her apart in the field of psychology. Beginning with a comprehensive assessment, she collaborates with clients to develop tailored treatment plans that incorporate evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), mindfulness techniques, and positive intelligence training. By continually reassessing and adjusting strategies based on individual goals, she ensures that her clients experience meaningful progress toward a more balanced and satisfying life. Dr. Frankel provides the highest standard of care for her clients.

A distinguished alumna of Columbia University, with additional training from New York University Medical Center and Weill Cornell College of Medicine, Dr. Frankel's commitment to excellence is evident in her academic and professional achievements. She serves as faculty at the Icahn School of Medicine at Mount Sinai in New York, and previously served as faculty at both Weill Cornell and Dartmouth Medical Schools.

Dr. Frankel provides expert witness testimony and consultation on diverse legal cases in State, Federal, and Hague Courts, using her expertise on PTSD, eating disorders, and psychological issues for sexual assault, abuse, harassment, discrimination, and international kidnapping. She has been retained after national searches.

As a sought-after presenter at local and national conferences and a published author in peer-reviewed journals, Dr. Frankel continues to shape the future of clinical psychology through her research and expertise. Through her dedication to providing compassionate and results-driven services, Dr. Gladys Frankel is changing lives and making a lasting impact on the world of mental health.

Learn More about Dr. Gladys Frankel:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1939708-Gladys-Frankel-Licensed-Clinical-Psychologist>, through Mount Sinai, <https://www.mountsinaiconciergecare.org/gladys-frankel-phd/>, Dr. Frankel's private practice, <https://DrGladysFrankelpsychologygroup.com>. through **About FindaTopDoc.com**

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Source : Gladys Frankel, Ph.D.

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