

Justin Jones, PhD: Transformational Psychotherapy for Adults and Adolescents in the Heart of Manhattan

West Village Psychologist Offers Tailored Support for Mental Health Challenges, Trauma Recovery, and Relationship Issues



New York City, New York Aug 26, 2024 ([Issuewire.com](https://www.Issuewire.com)) - A licensed clinical and forensic psychologist with extensive training from Yale and Columbia Universities, Dr. Jones sees patients in the West Village in New York at the Kimberly Center for Personality Development and Integrated Healing, a clinic he founded to honor a dear friend from college whose struggle with mental illness caused her to take her life. With a commitment to providing compassionate and effective psychotherapy, he, and the skilled therapists he supervises, specialize in helping adults and adolescents navigate a wide array of mental health challenges, including anxiety, depression, trauma, relationship conflicts, and self-harming behaviors.

In his practice, he addresses complex issues such as post-traumatic responses to stressful life events, interpersonal conflicts, career transitions, identity struggles, and difficulties with intimacy in romantic relationships. He has developed particular expertise in treating those facing challenges related to trauma, addiction, the inappropriate expression of anger, suicidal ideation, and eating and personality disorders.

Dr. Jones employs a range of treatment modalities, including psychoanalytic, cognitive behavioral, dialectical behavioral, and humanistic/spiritual approaches. His unique, direct style fosters a therapeutic environment that encourages meaningful transformation and healing. "My goal is to create a safe space where individuals can confront their difficulties and work towards substantive change," Dr. Jones explained. "I believe in the profound healing potential of psychotherapy, and I am dedicated to ensuring that treatment effectiveness remains a priority."

With a robust background in clinical settings—including NYU/Bellevue Hospital, Mount Sinai West, and Columbia University Medical Center—Dr. Jones brings a wealth of experience to his practice. He has also taught at both NYU and Columbia, further enhancing his understanding of the intricacies of mental health care.

On a professional level, he is a proud member of several professional organizations, including the American Psychological Association, the American Board of Forensic Psychology, and the International Association of Relational Psychoanalysis and Psychotherapy. His dedication to his craft and his desire to help others lead happier, more productive lives are the cornerstones of his success.

"I attribute my success to my ability to educate my patients about their symptoms, remain available to them, and help them to take the difficult steps to make meaningful changes in their lives," Dr. Jones states. "My goal is to help individuals find satisfaction and success, even amidst life's most intense challenges."

Learn More about Justin Jones:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/907727-Justin-Jones-psychologist-New-York-NY-10014>, or through his website, <https://www.drjrileyjones.com/> and the website of his clinic, the Kimberly Center, www.thekimberlycenternyc.com

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