

Elissa Gross, PsyD, Licensed Clinical Psychologist and Founder of Englewood Psychotherapy

Empowering Healing and Resilience through Tailored Psychotherapy in Englewood, New Jersey



New York City, New York Nov 19, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Elissa Gross, PsyD, a seasoned clinical

psychologist with 27 years of experience, is dedicated to offering personalized psychotherapy at Englewood Psychotherapy. With her eclectic approach, Dr. Gross specializes in a range of therapeutic modalities, including talk therapy, trauma-informed therapy, EMDR, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Internal Family Systems (IFS). Her commitment to fostering healing and resilience in adolescents, adults, and families makes her a valued resource in the community.

Dr. Gross provides individual psychotherapy and parent coaching, focusing on various areas of expertise such as trauma, depression, anxiety, self-esteem issues, relationship challenges, eating disorders, blended family dynamics, and adoption-related concerns. Known for her warm spirit and empathetic nature, Dr. Gross creates a safe and supportive environment for her clients to explore their thoughts and feelings.

“My approach to therapy is rooted in creating a safe, compassionate, and nonjudgmental space where you can feel comfortable sharing your thoughts and feelings openly,” Dr. Gross stated. “I am committed to supporting you on your journey towards healing and transformation, helping you overcome life’s challenges and live a more fulfilling and balanced life.”

Dr. Gross earned her Bachelor’s Degree from Duke University, where she significantly contributed to research teams at the Duke University Medical Center, focusing on the treatment of Obsessive Compulsive Disorders and Eating Disorders. She later received her Doctorate in Clinical Psychology from The Ferkauf Graduate School of Psychology at Albert Einstein College of Medicine, where she honed her skills in various therapeutic techniques.

Her clinical internship at NYU Medical Center led to a staff position, where she treated children, adolescents, and adults through individual and group therapy while supervising doctoral interns. Dr. Gross is also an active member of the New Jersey Psychological Association and the American Psychological Association, staying current with the latest theories and techniques in the field.

As a mother of two teenage boys, Dr. Gross brings personal insight and empathy to her practice. She emphasizes collaboration with clients, consistently assessing their evolving needs and goals throughout the therapeutic process. With a deep commitment to understanding diverse cultural backgrounds, Dr. Gross is dedicated to guiding her clients toward healing and resilience.

Learn More about Dr. Elissa Gross:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/3702878-Elissa-Gross-Psychologist>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Elissa Gross, PsyD

[See on IssueWire](#)