

Amanda N'zi, PhD: A Licensed Psychologist and Expert in Parent-Child Interaction Therapy

Fostering Children's Growth with Customized Therapies and Strengthening Family Foundations



New York City, New York Mar 26, 2025 ([Issuewire.com](https://www.issuewire.com)) - Amanda N'zi, PhD, a licensed psychologist with extensive expertise in child psychology, is the proud Owner and Executive Director of Growing Together Child and Family Therapy in Denver, Colorado. Specializing in culturally responsive, neuroaffirming, and evidence-based services, Dr. N'zi and her dedicated team aim to empower families and support children in building on their strengths, fostering emotional well-being, and developing essential life skills.

Dr. N'zi's extensive training and experience encompass a wide range of child mental health needs, including anxiety, ADHD, OCD, giftedness, autism, and trauma. She is highly skilled in providing parenting support, helping caregivers navigate challenges with confidence, and building strong, nurturing relationships with their children. As a passionate advocate for neurodiversity, she emphasizes creating customized treatment plans that honor each child's unique strengths and challenges. "I believe children and families should dream, thrive, and grow together," says Dr. N'zi. Her commitment to fostering environments where children feel confident and connected—while empowering parents with the tools and knowledge they need—is at the heart of her practice.

At Growing Together, families can access a variety of specialized services tailored to meet the needs of children aged 0-18 years. These services include Parent-Child Interaction Therapy (PCIT), Cognitive Behavioral Therapy (CBT), Supportive Parenting for Anxious Childhood Emotions (SPACE), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Acceptance and Commitment Therapy (ACT), Parent Management Training (PMT), Emotion Focused Family Therapy (EFFT), and Exposure and Response Prevention (ERP), all delivered through telehealth. This comprehensive approach ensures that parents and caregivers are equipped with effective strategies to support their children's emotional and behavioral development.

In addition to her clinical work, Dr. N'zi serves as the Certified Regional Trainer for Parent-Child Interaction Therapy in Colorado and Wyoming. She offers training for agencies and holds open training sessions for providers, helping to expand the reach of effective therapeutic practices across the region. Her dedication to education and community engagement underscores her mission to improve mental health outcomes for children and families.

Dr. N'zi earned her M.S. and Ph.D. from the University of Florida in Clinical and Health Psychology, training under Dr. Sheila Eyberg, the developer of PCIT. She completed her internship at the University of Oklahoma Health Sciences Center and a two-year post-doctoral fellowship at the Kempe Center for the Prevention and Treatment of Child Abuse and Neglect, focusing on family emotion communication interventions. Her academic and clinical expertise has been recognized through various awards, including the Florence E. Shaffer Memorial Award for Excellence in Psychotherapeutic Counseling.

An accomplished author and speaker, Dr. N'zi has contributed numerous articles and chapters on evidence-based child interventions and frequently presents on topics related to child psychology, trauma-informed care, social-emotional development, and child sexual development.

As the Executive Director and Owner of Growing Together Child and Family Therapy, Dr. N'zi is committed to transforming the landscape of child mental health services through innovative approaches and individualized, neuro-affirming care. Families seeking support can contact Growing Together to learn more about services and schedule an appointment.

Learn More about Dr. Amanda N'zi:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3433617-Amanda-N-zi-Psychologist> or through Growing Together Child and Family Therapy, <https://growingtogethertherapy.com/about-us>

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