

Amy L. Zimet, PhD: Guiding Minds Toward Healing in the Heart of New York City

Blending Insight, Innovation, and Empathy to Support Adults Navigating Mental Health Challenges



New York City, New York Jul 30, 2025 ([Issuewire.com](https://www.issuewire.com)) - Amy L. Zimet, PhD, a dedicated and empathetic psychologist, is making waves in the mental health community with her innovative approach to therapy and her commitment to long-term treatment for adult mental health disorders. Based in New York City, Dr. Zimet operates a private practice that prioritizes accessibility and responsiveness, offering flexible phone and video sessions tailored to her patients' busy lifestyles.

Dr. Zimet brings a wealth of expertise to her practice, addressing a variety of mental health issues, including character pathology, anxiety, depression, panic disorders, and polydrug dependence. Her comprehensive support extends to individuals, couples, and families, ensuring that all patients receive the guidance and care they need to navigate their mental health journeys.

In her therapeutic approach, Dr. Zimet emphasizes a deep sensitivity to the unique experiences that lead each patient to seek help. During initial consultations, she engages in thoughtful inquiry, exploring the historical contexts that shape her patients' current challenges. This collaborative process aims to uncover underlying issues and identify actionable strategies for meaningful behavioral change, ultimately alleviating psychological distress.

Dr. Zimet's academic credentials are impressive. She earned her Doctor of Philosophy Degree from Yeshiva University's Ferkauf Graduate School of Psychology and holds a Master of Arts Degree in Developmental Psychology from Teachers College, Columbia University. Additionally, she obtained a Master of Public Administration Degree from NYU Wagner Graduate School of Public Service. Her undergraduate degree was earned at Goucher College, where she graduated Cum Laude and was elected to Phi Beta Kappa. Her professional background includes serving as a senior psychologist in the Division of Alcoholism and Substance Abuse at Bellevue Hospital Center, where she coordinated the Perinatal Recovery Program, helping mothers recover from cocaine addiction. Dr. Zimet has also completed advanced training in couples therapy at the William Alanson White Institute, further enhancing her clinical skills.

Dr. Zimet continues to make a significant impact in her patients' lives, attributing her success to her curiosity, strong work ethic, and the inspiration she draws from her father. Her passion for culture, intellect, and the arts enriches both her personal and professional life. When not working, she enjoys antiquing, discovering unique restaurants, exploring museums, attending theatre performances, watching tennis, and traveling. Paris, a city she adores for its rich history and culinary delights, remains her favorite vacation destination.

As a thought leader in her field, Dr. Zimet stays informed and inspired by professional publications such as *The American Scholar* and *Contemporary Psychoanalysis*, which align with her passion for a nuanced understanding of the world.

Learn More about Dr. Amy L. Zimet:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2662114-Amy-Zimet-Psychologist>

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Source : Dr. Amy L. Zimet

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