

Dr. Rachel Gingold Expands Psychological Care Services in Summit, NJ

Dr. Rachel Gingold Blends Developmental Psychology, DBT, and Grief Recovery to Support Lifelong Emotional Wellness



New York City, New York Jul 21, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gingold is a New Jersey, New York, and Interjurisdictionally Telepsychology (APIT) licensed psychologist who received her Ph.D. in developmental psychology from Yeshiva University in 2003. Her career has always focused on the transition from adolescence to young adulthood, and she is passionate specifically about how

developmental milestones are shaped by changes in societal norms.

Dr. Gingold's graduate work began with a master's degree in counseling psychology at Northeastern University. It was during that time that she was trained in Dialectical Behavioral Therapy (DBT) at the Women's Treatment Program at McLean Hospital. She then completed a two-year marriage and family therapy residency program at Harvard Medical School and Blanton-Peale Counseling Center. While moving from Boston to New York, she also shifted her focus from clinical work to research. Dr. Gingold coordinated a large five-year research project studying changes in adolescent relationships over time and how those changes impact identity development at New York University. She published in the Journal of Social Issues and the New Directions for Child and Adolescent Development. She later went on to teach and work in administrative positions in New Jersey before opening Family Health and Wellness Services.

Dr. Gingold and her partner, Dr. Loonin, have been in private practice together at Family Health and Wellness Services (FHWS) in Summit, NJ, since 2005. Their practice was born out of their deep belief and commitment to providing Adherent Dialectical Behavioral Therapy (DBT), and their strong desire to bring this model of treatment to troubled teens, young adults, adults, and their families. Drs. Gingold and Loonin share a vision of promoting successful development by giving clients the tools they need to make effective life choices. Dr. Gingold and Dr. Loonin are both intensively trained through Behavior Tech.

Dr. Gingold has also become an Advanced Grief Recovery Method (GRM) Specialist due to her personal experiences with relationship losses that came out of her divorce. Dr. Gingold found the GRM an instrumental complement to DBT because of its evidence-based treatment protocols, which teach specific skills/ tools to remediate unprocessed emotional pain that came out of undelivered communications. Dr. Gingold has joined working with the Center for the Heart (C4TH) to help families with end-of-life support for families of their loved ones. Dr. Gingold developed the Intensive "What We Carry Quietly" Weekend Workshop with C4TH's founder, Holly Strelzik, to support remediating emotional pain for professionals and high-functioning adults. Dr. Gingold is also certified as a GRM: Pet Loss Specialist (a six-week group on-

line or in person) and a Helping Children with Loss Specialist (a four-week group online or in person). Both of these programs are also offered one-on-one if preferred.

Learn more about Dr. Rachel Gingold:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023947-Rachel-Gingold-Psychologist>, or through summitpsychology.com

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