

Dr. Ashley Rosset: A Compassionate Approach to Mental Health in New Canaan/Darien Area

Enhancing Lives through Personalized Therapy with Over 20 Years of Experience



New York City, New York Aug 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Ashley Rosset, a licensed clinical psychologist, is now offering both in-person and virtual psychotherapy sessions at her private practice in the New Canaan, CT / Pound Ridge, NY area. With a strong academic background and extensive

clinical experience, Dr. Rosset is dedicated to providing compassionate and effective mental health care to individuals and families in her community.

Dr. Rosset earned her Doctoral degree in Clinical Psychology from the California Institute of Integral Studies (CIIS), an American Psychological Association-accredited institution known for its unique blend of Eastern and Western psychological philosophies. Additionally, she holds a Master's degree in Clinical Psychology, as well as a background in Communications and Art History from the University of California. This diverse educational foundation informs her holistic approach to therapy, allowing her to connect with clients on multiple levels.

With over 20 years of clinical experience, Dr. Rosset has worked in various therapeutic settings, including private practice, residential treatment facilities, nationally recognized hospitals, and a forensic agency contracted by the Federal Government. Her broad range of experience equips her with the skills necessary to address a variety of mental health concerns effectively.

Dr. Rosset specializes in helping adolescents, young adults, and adults navigate the complexities of life. Her areas of expertise include addictions, depression, bipolar disorder, anxiety, and assisting individuals facing major life adjustments such as grief, divorce, career changes, and the challenges of expat living. By offering tailored therapeutic interventions, Dr. Rosset empowers her clients to develop coping strategies and achieve personal growth.

"I believe that every individual has the potential for change and healing," says Dr. Rosset. "My goal is to create a safe and supportive environment where clients can explore their thoughts and feelings, gain insight, and work towards their personal goals."

Dr. Rosset's practice offers flexible scheduling options, allowing clients to choose between in-person sessions or virtual therapy, ensuring accessibility and convenience. She is committed to fostering a therapeutic relationship built on trust, respect, and understanding.

Learn More about Dr. Ashley Lyman Rosset:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3701066-Ashley-Lyman-Rosset-Psychologist> or through her website, <https://drashleyrosset.com/about/>

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Source : Dr. Ashley Lyman Rosset

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