

Amy L. Gross, Ph.D., is a licensed clinical psychologist in private practice in White Plains, NY. She earned a B.A. in Psychology from the University of Wisconsin-Madison and a Ph.D. in Clinical Psychology from St. John's University. She also holds a NY State School Psychology Certificate. Dr. Gross has many years of experience as a therapist, educator, administrator, researcher and clinical supervisor. In addition to her many other accomplishments, she was an integral member of the NYU Child Study Center Child and Family Recovery Program, a team that provided mental health services to traumatized children and staff in the NYC downtown schools in the immediate aftermath of 9/11. In 2012, Dr. Gross became the founding Clinical Director of COPE-Camp Erin NYC, a bereavement camp for children ages 6-17 dealing with a major loss. In 2015, she returned her focus to her private practice and became a member of the Advisory Board of COPE, Connecting Our Paths Eternally, a grief and healing organization dedicated to helping parents and families living with the loss of a child. Dr. Gross's involvement with COPE began in 1998 as a founding Board Member of the organization.

Dr. Gross's work in a variety of settings (Long Island Jewish Hospital pediatric outpatient and Day Hospital, residential treatment at Children's Village, The NYU School Partnership at the NYU Child Study Center of which she rose to Acting Director, School Psychologist at Oceanside Public Schools, St. John's University School Psychology Graduate Program as Coordinator of Internship, supervisor and instructor) in addition to her private practice work that spans almost 20 years now, has informed and shaped her current approach to treatment today. Dr. Gross, who works with children ages 10 through adolescence as well as adults, describes her approach as eclectic: cognitive-behavioral, while also incorporating psychodynamic theories as well as an emphasis on mindfulness. She incorporates several well-established psychological techniques based in scientific research. She is an expert in the treatment of anxiety disorders, such as generalized anxiety, obsessive compulsive disorder (OCD), phobias and social anxiety. Dr. Gross also sees clients for depression, bereavement, terminal illness, chronic illness, parenting work, coping with life stressors, and adapting to divorce within the family system. For the children and adolescents she works with, Dr. Gross is available to attend Committee on Special Education (CSE) meetings, and also can help with negotiation and dialogue with a school when needed.