

PATIENT INFORMATION GUIDE

Adam Rosen, J.D., Ph.D.

Harvard-Trained Clinical Psychologist & Attorney

Specialized Teletherapy for

Executives, Professionals & High-Net-Worth Individuals

(617) 921-0332

E-mail: adamrosenphd@gmail.com

Website: adamrosenphd.com

WHY YOUR PHYSICIAN REFERRED YOU

Your physician knows that emotional and relational challenges — stress, relationship conflict, depression, anxiety, and worries about family cohesion or breakdown — are not separate from your physical health. They affect how you feel, function, and heal.

Dr. Rosen is a Clinical Psychologist (Ph.D.) and Attorney (J.D.) with over 30 years of experience. He brings an unusual depth of clinical and legal expertise to the situations his patients face.

HIS BACKGROUND

- ▶ **Harvard Medical School:** Faculty, Department of Psychiatry — 30+ years of training and supervising psychologists and psychiatrists.
- ▶ **Family Court Psychologist:** 25 years conducting custody evaluations and working with families in the Middlesex County Family Court — one of the busiest in New England.
- ▶ **Attorney (J.D.):** Uniquely equipped to help patients navigate the emotional and legal dimensions of divorce, custody, and family conflict.
- ▶ **PSYPACT Authorized:** Licensed to provide telehealth to patients in 43 states — you can likely see Dr. Rosen from home, wherever you live. (search “PSYPACT map” to see all the states).

HOW DR. ROSEN CAN HELP

- ▶ **Professional & Executive Stress:** Burnout, performance anxiety, and the pressures of high-stakes professional life.
- ▶ **Relationship & Marital Conflict:** Communication breakdown, emotional disconnection, infidelity, and the decision of whether to stay or separate.
- ▶ **Depression & Anxiety:** Evidence-based treatment that combines insight with concrete, actionable skills.
- ▶ **Divorce & Custody:** Support through separation, high-conflict custody, co-parenting, and the emotional demands of court processes.
- ▶ **Self-Criticism & Internal Conflict:** Longstanding patterns of self-sabotage, inner conflict, and the distress that persists even when life looks successful from the outside.

APPROACH & ACCESS

Dr. Rosen integrates cognitive-behavioral therapy (CBT), psychoanalytic approaches, and Internal Family Systems (IFS) therapy — trained with IFS founder Dr. Richard Schwartz. His couple's work relies upon proven methods for rapid improvement (Terrence Real and Gottman Methods).

Most patients are scheduled within one week. All sessions are conducted via secure video.

Fees: \$300–\$400 per session (out-of-network; superbills provided upon request).

Dr. Rosen responds to all inquiries within 24 hours. Most patients are scheduled within one week.

Call (617) 921-0332 • adamrosenphd@gmail.com • Website: adamrosenphd.com