

YOU DON'T HAVE TO FIGURE THIS OUT ALONE

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

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Telehealth • Private Pay • Available Across 43 States

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Ready to Talk?

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Confidential • Evenings Available

What You're Going Through Deserves Attention

Maybe you or a family member is in the middle of something that feels impossible. A crisis that came on fast, or one that's been building for years. Whatever brought you here — you're not overreacting, and you're not alone.

The moments that bring people to therapy are at times the most disorienting of their lives. What you're feeling — the anxiety, the exhaustion, the sense that things have come apart — makes complete sense given what you've been through.

Therapy doesn't require you to have it figured out before you start. You just have to show up.

Things Can Get Better

I have worked with adults and families navigating some of the hardest chapters a person can face — difficult personal crises and choices, divorce and custody battles, anxiety and depression that won't let up, life transitions that feel like the ground has shifted.

What I've seen, again and again, is that people are more resilient than they believe in their worst moments. With the right support, clarity is possible. Relationships can improve. The weight can lift.

What to Expect

- A confidential, private space to say what you haven't been able to say anywhere else
- An experienced and highly skilled therapist to help you make sense of things.
- No judgment — I've heard it all,
- Telehealth sessions from home — no waiting rooms, no commute

Who I Work With

I work with adults, couples, and families dealing with:

- Performance / career stress for professionals, executives and high net-worth individuals.
- Acute family crises, relating either to an individual family member or family or marital conflict
- Depression and low motivation affecting relationships and work
- Couples in conflict or a marriage that's struggling
- Divorce, separation, and the grief and conflict that come with it
- High-conflict co-parenting / custody conflicts and the toll it takes on parents and children

My Background

I hold both a Ph.D. in Clinical Psychology and a law degree, from the first law and clinical psychology program in the country. For 30 years, I served on the Faculty of the Harvard Medical School Department of Psychiatry, where I supervised and taught psychologist and psychiatrists in training about psychotherapy and law-psychology issues. I am a past President of the Boston Institute for Psychotherapy.

I also spent 25 years as a Custody Evaluator and Court Psychologist in the busiest Family Court in Massachusetts. I have seen the human cost of family crises from the inside.

You were referred by your care team, which means they trust me to take good care of you. I take that seriously.

Practical Details

- Telehealth only — available in 44 states
- Private pay; superbills available as needed
- Flexible scheduling; timely scheduling our first consult
- **Call, e-mail or scan QR above to connect.**