



SPEAKER ONE-PAGER · MEDICAL & CLINICAL AUDIENCES

Dr. Aryeh Berlin, PsyD

Child Psychologist & Professional Speaker · Founder, Aspire Psychological Group

Grand rounds, clinical trainings, and staff education that give pediatric and primary care teams practical, evidence-based frameworks for recognizing and responding to child anxiety and behavioral concerns.

100+

PRESENTATIONS DELIVERED

17+

YEARS CLINICAL EXPERIENCE

NJ & NY

LICENSED PSYCHOLOGIST

In-Person

& VIRTUAL NATIONWIDE

ABOUT DR. BERLIN

Dr. Aryeh Berlin is a licensed clinical psychologist and founder of Aspire Psychological Group who regularly presents to pediatric practices, clinical teams, and professional conferences across New Jersey and New York. His trainings combine serious clinical depth — including APA-accredited training focused on treatment-resistant childhood emotional and behavioral disorders — with an engaging, practical teaching style. Providers and clinical staff leave with frameworks and language they can use with patients and families the same day, not just background reading.

FEATURED TOPICS FOR CLINICAL TEAMS

- **Introduction to ACT** — a practical introduction to Acceptance & Commitment Therapy for clinical teams.
- **CBT in Practice** — session-ready cognitive behavioral techniques for clinicians and counselors.
- **Is My Child Anxious? A Guide for Parents & Providers** — recognizing anxiety vs. normal developmental worry, and what to say to families in the room.
- **When Parents Are Anxious Too: Breaking the Cycle** — how parental anxiety shows up during visits, and how to address it without adding friction to care.
- **Mindfulness for Clinicians & Educators** — the "Mindful Minute" practice, built for high-stress clinical environments.
- **Custom Grand Rounds Topic** — built around your practice's most common referral questions and patient presentations.

All topics can be formatted as a lunch-and-learn, grand rounds session, or full staff in-service — typically 45–60 minutes with Q&A.

CREDENTIALS

PsyD, Clinical Psychology — Georgia School of Professional Psychology (APA-Accredited)

APA-Accredited Clinical Internship, South Shore Mental Health — treatment-resistant childhood emotional & behavioral disorders

Licensed Psychologist — NJ #35SI00626800 & NY #025390

Founder, Aspire Psychological Group (multi-site, NJ & NY)

Published Researcher, Family-Based Wilderness Therapy Interventions

10+ years, Director of Counseling, private school — daily clinical collaboration with families and staff

WHO HE SPEAKS FOR

Pediatric & Family Practices Grand Rounds & Staff
Multi-Specialty Teams Nursing & Allied Health
Mental Health Conferences Referral Partners

RECENT CLINICAL ENGAGEMENT

"Introduction to ACT" — Clinical Staff In-Service, ~40 clinicians (Oct 2025)

WHAT PROVIDERS SAY

"Dr. Berlin is a top-tier psychologist. His approach demonstrates incredible knowledge, skill, and a humanistic touch. I strongly recommend Dr. Berlin."

— Jeffrey Kornitzer, M.D., Pediatric Neurologist, NJ Pediatric Neuroscience Institute

"Dr. Berlin is an excellent educator and communicator, able to connect to a diverse audience. He presented ACT to my entire staff of about 40 clinicians and the feedback was universally positive."

— Alexander Ozer Herzog, Google Review