345 NJ-17, Upper Saddle River, NJ 07458
201.639.4669 | weallaspire.com

SPEAKER ONE-PAGER

Dr. Aryeh Berlin, PsyD

Child Psychologist & Professional Speaker · Founder, Aspire Psychological Group

> *"Presentations that give parents, educators, and professionals real tools for raising calmer, more resilient kids — the rare kind of talk people are still discussing in the parking lot afterward."*

100+	17+	NJ & NY	In-Person
PRESENTATIONS DELIVERED	YEARS CLINICAL EXPERIENCE	LICENSED PSYCHOLOGIST	& VIRTUAL NATIONWIDE

ABOUT DR. BERLIN

Dr. Aryeh Berlin is a licensed clinical psychologist, founder of Aspire Psychological Group, and a sought-after speaker who has delivered over 100 presentations to schools, PTOs, synagogues, professional conferences, and pediatric practices across New Jersey and New York. What sets him apart is the combination of serious clinical depth and genuine warmth as a communicator — he doesn't lecture; he engages. Every talk is research-grounded and immediately practical, so audiences leave with specific strategies, not just awareness.

FEATURED SPEAKING TOPICS

- **Raising Resilient Children** — his single most-requested talk; a practical roadmap for building resilience in everyday parenting moments.
- **Is My Child Anxious? A Guide for Parents & Educators** — how to recognize anxiety vs. normal worry, and what actually helps.
- **School Refusal** — what's really driving it, why common responses backfire, and a step-by-step way forward.
- **After-School Dysregulation** ("Why Does My Child Come Home Like a Tornado?") — the psychology behind the meltdown, and what to do about it.
- **When Parents Are Anxious Too** — breaking the parent-child anxiety cycle with practical tools.
- **Supporting Anxious Students in the Classroom** — educator-focused strategies that reduce avoidance without adding pressure.

Additional topics available: emotional regulation, exposure therapy, social anxiety, oppositional behavior, bullying, ACT & CBT for clinicians, and fully custom presentations.

CREDENTIALS

- PsyD, Clinical Psychology — Georgia School of Professional Psychology (APA-Accredited)
- Licensed Psychologist — NJ #35SI00626800 & NY #025390
- Founder, Aspire Psychological Group
- Director of Counseling, private school — 10+ years
- APA-Accredited Clinical Internship, South Shore Mental Health (treatment-resistant childhood disorders)
- Published Researcher, Family-Based Wilderness Therapy Interventions

WHO HE SPEAKS FOR

Schools & Districts · PTOs & PTAs · Synagogues & Communities · Mental Health Conferences · Pediatric Practices · Community Organizations

WHAT PEOPLE SAY

> *"Dr. Berlin has been a vital and indispensable resource to our school for over a decade. We have relied upon his judgment and experience to help hundreds of students and their families."*
>
> **— Rabbi Yosef Rosenzweig, Principal, Yeshiva K'Tana of Passaic**

> *"He is a great speaker who quickly engages his audience. All of his talks were scientifically grounded and well received by a very diverse audience."*
>
> **— Seth Kaufman, Google Review**