

Education: Gloria is a licensed Marriage and Family Therapist. Gloria graduated from Ramapo College with her Bachelor's in psychology. She also holds a Master's with Honors in Marriage and Family Therapy from Alliance Graduate School of Counseling.

Previous Experience: Gloria's clinical experience includes treating individuals, couples, adolescents, children, and families. She has treated a diverse range of mental health diagnoses, including anxiety, depression, bi-polar and related disorders, trauma, eating disorders, OCD and PTSD, as well as couple and family conflict.

Gloria has specialized training in couples counseling and trauma treatment.

She also has experience facilitating group therapy. She has conducted groups for addictions, eating disorders and childhood sexual abuse.

Areas of Focus: Gloria strives to create a safe, supportive therapeutic environment that encourages healing and growth for her clients. Gloria uses a family systems therapeutic approach in her work. She applies various modalities of evidence-based practices that include Cognitive Behavioral Therapy (CBT), Emotional Focused Therapy (EFT), Solution Focused Therapy, Play Therapy for children, EFT and Gottman method for couples.