

Jessica Del Gaudio's bio

EDUCATION: Jessica graduated with her Master's degree in Mental Health Counseling from Long Island University with honors. Additionally, she holds a BA in Psychology-Science and minor in Criminal Justice from Dominican College. She was a member of the Psychology club and also conducted her own research in an independent study.

PREVIOUS EXPERIENCE: Jessica has worked with a variety of clients during her training including children, adolescents, geriatrics with neurocognitive disorders, anxiety, substance abuse, and depression. She trained at Astor services for family and children, United Hospice of Rockland County, NAMI Rockland and worked in an outpatient facility for substance abuse.

AREAS OF FOCUS: Jessica utilizes evidence-based approaches including **Cognitive Behavioral Therapy (CBT)**, **Solution-Focused Brief Therapy (SFBT)**, and **Dialectical Behavior Therapy (DBT)**. These modalities help clients identify unhelpful thought patterns, build practical coping skills, regulate emotions, and develop healthier ways of responding to stress and difficult experiences. Her belief is that each client brings unique strengths and insight into the therapeutic process. My role is to help clients build on those strengths, increase self-awareness, and develop the tools needed to move toward their goals with confidence and clarity.