



Job Description

For the role of Associate Integrative Psychotherapist

Dr. Christina A. Grosso, PhD, LCAT, ATR-BC

Founder, Mind and Body One Integrative Mental Health & Optimal Performance LLC

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About Mind+Body=ONE, LLC

Mind+Body=ONE is an integrative mental health and performance practice in Westchester, NY founded by Dr. Christina Grosso. Its mission is to destigmatize mental health through a holistic, person-centered model that unites psychotherapy, psychophysiology, and creativity to support emotional wellbeing and optimal functioning.

Clinicians provide evidence-based psychotherapy, art therapy, and biofeedback for children, adolescents, adults, and families. Treatment is practical, relational, and grounded in research, supporting daily functioning and relationships while addressing ADHD, anxiety, depression, trauma, grief, and life stressors. Modalities include CBT, TF-CBT, mindfulness-based interventions, and somatic awareness.

The practice also offers performance enhancement services for athletes and executives, combining mental skills training with biofeedback to build focus, agility, mental stamina, and stress tolerance.

Position Overview

Mind+Body=ONE, LLC seeks a compassionate, strengths-based, goal-oriented therapist to join its integrative mental health and optimal performance practice. The ideal candidate is committed to whole-person care, evidence-based psychotherapy, and mind-body approaches that support emotional well-being, cognitive performance, and personal growth. This clinician values collaboration, creativity, and measurable outcomes and thrives while serving clients across the developmental spectrum, as well as athletes and high-performers seeking holistic mental health support.

Key Responsibilities

- Provide in-person and telehealth psychotherapy using person-centered, strengths-based, and trauma-informed approaches.
- Provide developmentally attuned psychotherapy for children, adolescents, and adults.
- Deliver parent coaching and family-systems support to improve communication, co-regulation, and daily functioning.
- Address concerns related to ADHD, anxiety, depression, trauma, grief, behavioral challenges, and life stressors.
- Conduct intake assessments, develop treatment plans, and track progress using outcome-driven methods.
- Integrate mindfulness, somatic awareness, and cognitive performance strategies into clinical work.
- Support clients in developing emotional regulation, resilience, motivation, and mental agility.
- Collaborate with leadership on program development, workshops, and branded performance initiatives.
- Maintain accurate documentation according to ethical, legal, and professional standards.
- Participate in team meetings, case consultations, and ongoing professional development.
- Represent the practice with professionalism, empathy, and inclusivity.

Qualifications

- Master's or Doctoral degree in Counseling, Social Work, Art Therapy, Mental Health Counseling, Psychology, or a related field.
- Active clinical license such as LCAT/ATR-BC, LMHC, LCSW, LPC, LP, or equivalent.
- Experience with strengths-based, person-centered, and goal-oriented therapeutic approaches.
- Experience using cognitive behavioral therapy and other evidence-based approaches.
- Comfort integrating mind-body practices and performance-enhancing strategies.
- Experience with youth, teens, adults, families, athletes, high-performers, or diverse populations preferred.
- Excellent communication skills and commitment to ethical, inclusive care.
- Ability to work independently and contribute to a collaborative team culture.

What We Offer

- A supportive, mission-driven environment focused on integrative mental health and optimal performance.
- Opportunities to contribute to innovative programs, workshops, and branded performance initiatives.
- Flexible scheduling with hybrid options depending on role.
- Competitive compensation based on experience and licensure.
- Professional development, supervision, and opportunities for specialization.

Compensation and Schedule

- **Compensation** — \$45–\$70 per hour, commensurate with experience and licensure.
 - **Engagement** — Independent contractor 1099 in New York.
 - **Caseload** — Starts with 3–4 clients and may increase to a maximum determined by applicant availability.
 - **High-demand hours** — Monday–Friday, 3:00–7:00 p.m., and Saturday mornings.
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Application

Send a professional and personal statement explaining how your experience aligns with the mission of Mind+Body=ONE and your current curriculum vitae to Dr. Christina Grosso, PhD, LCAT, ATR-BC at mindandbodyone@gmail.com.

Equal opportunity — Mind+Body=ONE, LLC is an equal opportunity employer. We celebrate diversity and are committed to creating an inclusive environment for all employees.