Biography

Jane Aronson, D.O., FAAP, International Pediatric Health Services, Clinical Assistant Professor of Child and Adolescent Psychiatry, NYU Langone, Grossman School of Medicine

Dr. Jane Aronson taught school for 10 years and then went to medical school and has been a board certified pediatrician for 40 years. She recently completed a two-year child and adolescent psychiatry fellowship at Albert Einstein College of Medicine in June 2024 which has been her secret dream for decades! She has been on faculty at Weill Cornell from 2000 to 2026 in Pediatric Infectious Diseases and Pediatric HIV/AIDS. She was often a guest of the Cornell Infant Psychiatry Fellowship Program over the years and attended weekly academic fellow sessions.

She is a sought-after child health advocate with a lifetime of collaborative experiences in the nonprofit, academic, and private sector. Her medical specialties include HIV/AIDS, adoption medicine, pediatric infectious diseases, global behavioral health, and child and adolescent psychiatry, which includes parent management and family counseling. Currently, Dr. Aronson is treating anxiety, ADHD, depression, gender identity challenges, panic disorder, phobias, school refusal, and challenges in launching for adolescents and young adults.

“Dr. Jane,” as she has been nicknamed by her patients, is passionate about children and adolescents and believes in the power of warmth and connection in her practice. It cannot be overstated that social media, artificial intelligence, and the complexities of modern society and culture are on her mind when she evaluates kids and their families. She loves history and is especially aware of the growth and changes in pediatric and psychiatric medicine over time.

Adept at building infrastructure for systems change, Dr. Aronson successfully founded and managed a nonprofit, Worldwide Orphans, for 22 years. Her global team served over 150,000 children in 20 countries, and under her leadership, 62 toy libraries were established in Bulgaria, Ethiopia, Haiti, Vietnam, and the United States. She also deployed over 412 service learners called “Orphan Rangers” to mentor trademarked Element of Play program providers for psycho-social support to children living without parental care through art, camp, crafts, dance, music, sport, theater, and writing programs building in-country capacity and sustainability. Pickleball, soccer and jump rope were once just as important as meetings with government officials! Her partnership with the Paul Newman Hole in the Wall Gang Camps (Serious Fun) taught her much of what she values in daily practice, including teamwork, listening, and creativity in solving problems. Her camps in Ethiopia and Vietnam were all about making kids feel free and easy and they were seen by all as just normal and healthy kids playing and enjoying life.

In addition to running several successful medical practices in both academic and private-practice settings, Dr. Aronson has been a visiting professor and guest lecturer at many universities and medical schools, including Stony Brook University, Weill Cornell Medicine, Columbia University, Albert Einstein College of Medicine, Mount Sinai School of Medicine, Rowan School of Medicine, Rutgers School of Medicine, NYU Langone, Tufts University School of Medicine, and SUNY Downstate. She is proud to be a guest faculty member for Unite for Sight’s Global Health and Innovation Conference at Yale for the last 15 years! Treasured experiences working with families and other professionals in her practice gave her the opportunities to learn from teachers, social workers and psychologists. Dr. Aronson loves reading IEPs and 504 plans. She advocates for families by attending school meetings. Presenting at adoption conferences enabled her to really understand the nuances of family

dynamics for newly adopted kids of all ages. She is a parent through adoption, and her sons were born in Vietnam and Ethiopia!

She has received special awards including alumna awards from Valley Stream North High School, Hunter College and Rowan University School of Osteopathic Medicine. She also received a Woman of the Year award from Glamour magazine in 2009! In her years as the CEO of Worldwide Orphans Foundation (WWO), she raised $20 million, which supported the programs for children living in institutions in more than 20 countries. The best aspects of global health medicine were the collaborations with the Clinton Global Initiative and PEPFAR (President's Emergency Program for Aids Research); WWO was funded by both, and they were able to stop the spread of Pediatric HIV/AIDS in Ethiopia and Vietnam! Dr. Aronson received the CNN Champions for Change award in 2018 and was nominated by Anderson Cooper and CNN.

Her recent experience as a fellow in child and adolescent psychiatry at the Children's Hospital at Montefiore was a lifelong dream. She is eager and ready to be available to the community in New York and New Jersey to provide holistic psychiatric diagnoses and treatment. Her work with children living without parental care in developing countries has equipped her to understand and feel the impact of trauma and insecure attachment in profound ways.

She uses methods of therapy including play, psychodynamic, cognitive behavioral, motivational interviewing and acceptance and commitment therapy. She is very focused on attachment and recently (September 2026) attended the Dyadic Development Therapy Program: An Evidence-Based Treatment for Complex Trauma and Attachment Disorder developed by clinical psychologists Dr. Daniel Hughes and Dr. Arthur Becker-Weidman and taught by Dafna Lender. She is always learning, and she is aware of her limits, which commits her to a team approach as a pediatrician and child psychiatrist. She closes loops and faces rupture with repair; and is eager to call, text and email members of the team to keep them up with the changes in treatment. She learned how to keep the messages/notes current from her days in the Pediatric Intensive Care Unit (PICU). Dr. Jane visits kids and families at their home and learns about the whole family and works hard to align parents for the most important work in child psychiatry and that is family work. Even as recent as October 26, 2026, Dr. Jane is scheming to figure out better ways to manage medication and therapy. She loves to poke fun at her families and she likes to be made fun of as well. It is not an uncommon moment when Dr. Aronson is stopping medication and not aiding and abetting chronic use of medication for children, adolescents, and parents. Dr. Jane loves family meetings and she often wonders how to be more creative in her maneuvers with teens and parents. She likes to laugh at herself and she works hard to be creative and extemporaneous. Today is Monday and she decided that one of her patients was not depressed anymore. Meds were done and the patient who was in disbelief smiled and accepted the happy news that she had graduated from her treatment!!!!

As a sub-specialist in pediatrics, Dr. Aronson knew that writing a note in the chart was never enough. Now we write notes in the portal, but frankly there is nothing like speaking in person or on the phone to make sure that everyone is "on the same page". Dr. Jane, as she is known affectionately, completed a year of study at Gestalt Associates for Psychotherapy in New York City. She continues to teach about the complexities of adoption at Montefiore Medical Center/Einstein School of Medicine, and is appearing as the lead teacher for a Clinical Breakfast devoted to Adoption Education, on October 29, 2026 at AACAP's annual academic meeting in Atlanta, Georgia. Finally, Dr. Jane is proud to have been invited to be on faculty at NYU Grossman School of Medicine as a Clinical Assistant Professor of Child and Adolescent Psychiatry in March 2026.