

# ALEXA PALMER

NYC Health + Hospitals | North Central Bronx



**2024**  
EMPLOYEE RESOURCE CENTER  
**AMAZING  
EMPLOYEE  
OF THE YEAR  
NOMINEE**

Alexa Palmer, MA, LCAT, BCDMT, GLCMA is a Licensed Creative Arts Therapist and Board-Certified Dance/Movement Therapist currently working at North Central Bronx Hospital's (NCB) Partial Hospitalization Program (PHP).

At NCB Alexa has presented several grand rounds and extern didactics on dance/movement therapy in psychiatry. She has facilitated a number of body-based staff wellness events as well. Alexa also supervises Dance/Movement Therapy student interns from the Pratt Institute.

At PHP, Alexa takes on a leadership role not only within the creative arts therapy department, but also in creating the group programming while making sure the patient care is at the fore front.

When working with her patients, Alexa is described by her patients as "a bright light in PHP, She is always so positive, genuinely caring, compassionate, and her enthusiasm for the work she does is palpable".

Alexa has made a positive and lasting impact in the lives of her patients, "There were days that I didn't want to attend PHP, however, knowing she would be there making me feel cared for and welcomed, I would attend." Alexa is a true example of what our ICARE values stand for, Integrity, Compassion, Accountability, Respect, and Excellence.

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