

THE LUXURY OF SELF-UNDERSTANDING

Investing in
emotional wellness
for a richer, more
balanced life

With

DR. DANA SPADA

BY FRANKIE WYNNEWOOD



Clarity is one of life's greatest luxuries.

In a culture filled with noise, distraction, and constant demands, the opportunity to slow down and reconnect with ourselves has become increasingly rare...

For Dr. Dana Spada, the heart of therapy is simple: people heal through connection.

Over the last two decades, Dr. Spada has built a thriving practice by creating a space where people feel seen, heard, and understood. From one-on-one sessions and relationship guidance to support for teens and families, her offices help clients navigate life's challenges with a highly individualized and tailored approach to every client's needs. Drawing on their extensive educational backgrounds and passion for quality mental health care, Dr. Spada and her team of psychotherapists stand poised to help their clients navigate life's challenges through the transformative work of psychotherapy.

“
THIS IS TRULY
the heart and soul and magic
OF PSYCHOTHERAPY.
”

In addition to her private practice in Colts Neck, Dr. Spada founded LEAF Psychotherapy, with welcoming locations in Little Silver, Sea Girt, and Hazlet. Designed to be accessible and inviting, the LEAF locations feel more like a boutique retreat than a traditional medical office, providing a space where anyone can feel at home. “From the moment someone walks through the door, we want them to know they’re in a place where they belong,” shares Dr. Spada. This sense of ease is vital in a space where truly cathartic work takes place. As Dr. Spada explains, “we work on bringing the unconscious mind into consciousness as so many of our drives and motivations come from a place we aren’t even aware of.

This is truly the heart and soul and magic of psychotherapy.”

With 24 years of experience, Dr. Spada leads a team dedicated to walking alongside clients as they journey to better themselves and their relationships. Rather than taking a one-size-fits-all approach, every client is matched with a therapist who best fits their personality, goals, and circumstances. What makes LEAF stand out is its focus on real, honest conversations, with therapists offering guidance without judgment and creating an environment where people can openly discuss what they’re facing. Whether someone is dealing with stress, major life changes, relationship struggles, emotional challenges, addiction, or family concerns, the LEAF team provides support for children, teens, adults, couples, and families.

Using a multi-modal approach with a variety of therapeutic frameworks, every LEAF therapist is specifically paired with their clients to ensure customized care that aligns with individual needs. The transformative power of the therapeutic relationship is the heart and soul of Dr. Spada's work, and is evidenced by the amount of lives and relationships changed by her practice.



Today, Dr. Spada and her team continue to shift the way people think about therapy, making it a positive, empowering experience for anyone seeking support, growth, or a fresh perspective.

TO LEARN MORE ABOUT
LEAF PSYCHOTHERAPY,
VISIT WWW.LEAFPSYCH.COM.

