



Edy Nathan

Edy Nathan MA, LCSWR is an author, public speaker and licensed therapist. She is an AASECT certified sex therapist, hypnotherapist and certified EMDR practitioner with more than 20 years of experience. Edy earned degrees from New York University and Fordham University, with post-graduate training at the Ackerman Institute for Family Therapy. She practices in New York City.

In her expertise as a grief therapist she interweaves her formal training as a psychotherapist with breathwork, guided imagery, ritual and storytelling. Trauma, abuse, and grief cause the soul to become imbalanced: The goal of the work is to find emotional calibration or balance to defy the depth of darkness and the grip grief often has on the psyche. She believes that everyone experiences grief throughout their lives. Grief is not just about the death of a loved one, but the losses we experience in life.

Grief is hard to talk about. Edy teaches you to dance with your grief, to know it as a way to know yourself. Whether it is the loss of a loved one or the loss of a limb or the loss of the life you once knew, it is your soul that offers the answers to relief. An essential element in her practice is to offer clients the chance to combine psychotherapy with a deeper, more spiritual understanding of the self. She is dedicated to helping people understand their grief, cope with the fear and struggle that holds them back, and learn to live fully.