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# Colts Neck

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## LIVING



## Dr. Dana Spada:

A MODERN AND HOLISTIC  
APPROACH TO PSYCHOTHERAPY

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# Dr. Dana Spada:

## A MODERN AND HOLISTIC APPROACH TO PSYCHOTHERAPY

By Bri D | Photos submitted by the family

Dr. Dana Spada, a dedicated professional in the field of psychotherapy, views psychological and physical symptoms as unconscious self-preservation mechanisms, acting as defenses to prevent painful emotions from surfacing. Conditions such as anxiety, depression, addiction, OCD, disordered eating, and various physical ailments are viewed as manifestations of repressed emotional pain. These symptoms serve a psychological purpose by distracting individuals from unconscious emotions, a phenomenon known as psychosomatic phenomena. Through therapy, Dr. Spada helps clients heal these painful emotions, ultimately alleviating the symptoms they generate. From a young age, Dr. Dana Spada knew she wanted to be a therapist. "I was about 13 years old when I realized my curiosity about why people did the things they did," she recalls. This curiosity set her on a path that would define her career and life's purpose.

Dr. Spada spent 15 years working at one of the largest non-profit organizations in New York City, where she rose to the position of Vice President of Community-Based Programs. In this role, she served at-risk children and families with social services in Brooklyn's highest poverty communities. "It was a chapter in my life that forever imprinted on my heart," she reflects. Dr. Spada's work included creating and overseeing in-school counseling programs, after-school programs, and fundraising and charity events, securing essential funding for the programs she led.

The decision to move to Colts Neck came when Dr. Spada was pregnant with her third child. "The walls were closing in on me in Brooklyn. My kids didn't know what grass was, and it was time to move," she explains. Too pregnant to explore far, she opted for New Jersey over returning to Long Island, where she grew up. Settling in Colts Neck proved to be a fortunate choice, and she is forever grateful for the beautiful neighborhood they now call home. One of Dr. Spada's favorite aspects of living in Colts Neck is the nature and the wonderful community. She enjoys supporting local businesses and appreciates the serene environment.

Upon moving to Colts Neck four years ago, Dr. Spada was still working as a VP at the nonprofit while running a private practice on the side in Brooklyn. Her private practice quickly grew, leading her to transition full-time to her Colts Neck practice. Over the past year, she expanded her practice, opening three additional locations in Little Silver, Sea Girt, and Hazlet under the name LEAF by Dr. Dana Spada Psychotherapy. Clients that visit the offices note how stunning they are - "like a Pinterest board!" Dr. Spada's work aims to move the field toward a more holistic, less pathology-focused approach, a mission she is deeply passionate about.

When discussing the types of clients she sees, Dr. Spada often states, "people like you and me," emphasizing the universality and







necessity of therapy. She believes that there is no stigma in seeking therapy and that everyone can benefit from it. Occasionally, a male client might joke, "if Tony Soprano can have a therapist, I can too," highlighting the normalization of therapy. Clients typically seek therapy for issues such as relationship problems, anxiety, depression, a lack of fulfillment or personal growth. As they progress, they often come to appreciate the therapeutic process, integrating it into their lives as an ongoing activity. Dr. Spada feels privileged to help clients navigate life, make connections, and gain insights they might not achieve independently. This transformative process often leads clients to continue therapy or return for support as needed. The most rewarding aspect of Dr. Spada's work is witnessing and being part of her clients' growth. She treasures the close connection she forms with clients during their processes and transformations, learning much from them in return. Dr. Spada emphasizes the importance of the relationship with oneself, viewing it as the most critical relationship in one's lifetime, as it shapes how individuals perceive and experience the world. She

brings high presence, focus, intentionality, and deep healing energy to her practice, valuing the journey of self-discovery and the beautiful growth that follows.


Dr. Spada treats adults, teens, children, and offers marriage and family therapy. She has a particular passion for marriage therapy and enjoys working with entire families, a practice she often engages in. By working with couples and family members individually, she gains a comprehensive understanding of the dynamics at play. Her approach to therapy is highly successful and transformative, making a significant positive impact on the lives of those she works with. "I love serving the community of Colts Neck and Monmouth County," she says. She takes pride in providing exceptional work environments for her team of phenomenal therapists, whose diverse talents make the practice exceptionally strong overall.

When Dr. Spada finds time to relax, she immerses herself in activities that bring her joy and rejuvenation. She practices hot yoga and loves being outdoors, as nature provides her with a sense of tranquility and renewal. Engaging in creative projects is another

passion of hers, and she also has a keen interest in interior design, specifically designing her therapy practice offices. Spending quality time with her husband and their three beautiful daughters is a cherished part of her life. In addition to these activities, Dr. Spada is committed to practicing self-care, this means treating herself with patience, love, care, and understanding. She recognizes the importance of nurturing her own well-being, which in turn enables her to be present and supportive for her clients and family. Balancing her professional responsibilities with personal time is essential for maintaining her energy, focus, and overall happiness.



**Thank you to Dr. Dana Spada for her invaluable contributions to the Colts Neck Community!**





**LEAF**  
BY DR. DANA SPADA  
PSYCHOTHERAPY

LEAF is a boutique practice offering a modern and holistic approach to psychotherapy. Whether you're dealing with depression, anxiety, seeking personal growth, or professional guidance to navigate life's complexities—LEAF is here to support you. We welcome adults, children, and couples. Our highly trained clinicians utilize an integrated holistic, and eclectic approach to achieve your goals and live the life you desire. Both in-person and virtual sessions available.

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