

Dr. Dana Spada

Bringing an individualized approach to psychotherapy, with a passion for creative and deep-reaching individual, family and couples' therapy

Since the age of 13, Dr. Dana Spada knew she wanted to be a psychotherapist. This drove her to earn her Master's degree in social work from the State University of New York, Stony Brook as well as a Ph.D. in psychology from Adelphi University. Dr. Spada calls therapy "her calling", and says it's what she absolutely loves to do. Dr. Spada started out as a solo practitioner, running her own practice in Colts Neck. She has since expanded into Little Silver, where she leads a team of therapists at LEAF by Dr. Dana Spada. Clients can choose from in-person or virtual sessions.



CM: Tell us about LEAF by Dr. Dana Spada Psychotherapy

Dr. Spada: We are a private psychotherapy practice that serves adults, children and teens. We offer services that include individual, marriage, couples, and family therapy and counseling. The practice is rooted in Colts Neck, with a recent expansion to Little Silver. We are very excited about our expansion to Little Silver and becoming part of the community!

CM: What brings people to therapy?

Dr. Spada: All kinds of things. My clients are just like you and I. Some clients have a specific issue they are going through and want to resolve, so they come to therapy, do their thing and go. Other patients find therapy into their lives. Whether it's finding personal growth or learning how to get the absolute most out of life, there are many reasons which might bring a person into therapy.

CM: How do you approach your work with couples?

Dr. Spada: I absolutely love working with

couples! My approach is pretty specific, as I have found great success with it. When doing couples (or marriage) therapy, I always make sure to do individual sessions with each partner as well. I do this to establish relationships with each client and build trust with them. This makes the process significantly more effective when we work together as a group.

CM: What does working with children look like for you?

Dr. Spada: Very different from working with adults. With children, we do a lot of play therapy. I approach and tend to children where they are comfortable. I usually work with the parents as well, in a separate session than the child, since the work is an "all hands on deck approach."

CM: What would you want people to know about therapy if they have never been and might be thinking about coming in?

Dr. Spada: Therapy is a magical process. It's a journey. It's one of those things you have to experience to understand. Some-

times I catch my clients actually running in! They jump onto the couch, get in their favorite spot, and are just ready to do what they do. The reward of what you can get out of therapy outweighs the fear tenfold.

CM: Why come to LEAF by Dr. Dana Spada Psychotherapy?

Dr. Spada: LEAF is a very special place to come to therapy. This is truly because of the therapists that work at LEAF. I would go to any of my therapists for my own therapy. We are a group of people who are deeply passionate about the work we do.

CM: Does a person need to have anything prepared before they come in?

Dr. Spada: There is absolutely nothing to prepare for when coming to therapy. Just book a session and show up! Booking a session at LEAF couldn't be easier. We are very holistic. We don't do evaluations, make clients complete paperwork, or focus on diagnoses. We focus on the person - their heart and soul and helping them to grow in ways that feel good to them.