



THE FACE OF **MODERN PSYCHOTHERAPY**

DR. DANA SPADA

LEAF BY DR. DANA SPADA PSYCHOTHERAPY

Colts Neck | Little Silver | Sea Girt | Hazlet | 732.947.4777 | www.leafpsych.com

TUCKED INTO THE QUIET CORNERS OF MONMOUTH COUNTY, LEAF Psychotherapy—founded by Dr. Dana Spada—is more than a therapy practice; it's a place where transformation begins. LEAF offers holistic, deeply personalized therapy for adults, teens, and children, supporting clients through every stage of life. Designed to feel like sanctuaries, each office invites clients into a space where they can exhale and feel truly seen. From individual and couples therapy to family work, every session is rooted in presence, connection, and purpose. Blending timeless therapeutic wisdom with cutting-edge modalities, the clinicians at LEAF bring heart, skill, and soul to their work.

Whether you're seeking clarity, healing, or simply someone to walk beside you through life's complexities, there is someone here for you. The team is intentionally curated, ensuring that each therapist brings something unique, intuitive, and grounded to the work. The energy is calm, the spaces are beautiful, and the work is powerful. At LEAF, therapy is not just about feeling better—it's about becoming more fully yourself.