

A portrait of Dr. Dana Spada, a woman with long, wavy brown hair, smiling at the camera. She is wearing a dark brown button-down shirt and a delicate necklace with small white beads. The background is a soft-focus indoor setting with a wooden cabinet and a patterned cushion visible.

Monmouth

2024  
F A C E S

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](http://www.leafpsych.com)

**DR. DANA SPADA TAKES A MODERN, HOLISTIC APPROACH TO HER PSYCHOTHERAPY PRACTICE** by bringing in presence, focus, intentionality, support, and deep healing energy to help her clients maximize their fulfillment in life. Her approach aims to shift the field of psychotherapy from a less sick approach to a more holistic one, knowing that throughout the course of our lives, we can all use help and support. What started as a single office, private practice in Colts Neck has expanded this past year to LEAF, three additional Monmouth County locations, all beautifully appointed to foster tranquility and relaxation.

With over two decades of experience working with adults and children, providing individual, family, couples and marriage therapy, Dr. Spada cultivates an environment where her clients can feel free to be their unfiltered selves; creating the opportunity to be fully seen, heard and understood. She brings her clients on a journey that allows them to access and better understand their unconscious world, sparking deeper connections and an awareness that gets to the heart of the matter. Dr. Spada believes the magic of therapy as an experience where the world starts to open up and changes lives forever offering calmness, clarity and a fuller existence.