



Dr. Dana Spada, PHD, LCSW

LEAF by Dr. Dana Spada Psychotherapy

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

Knowing that curiosity has the power to change people's behavior for the better, Dr. Dana Spada, a trained psychotherapist, is encouraged by the spirit of inquiry that surrounds psychology. In practice for over two decades, Dr. Spada knows that when you delve within, psychotherapy is a powerful process that helps clients gain greater control of their lives and an awareness that gets to the heart of their issues. Her modern, holistic approach to her psychotherapy practice centers around presence, focus, intentionality, support and deep healing energy to help her clients build healthier and happier lives.

In our fast paced, technology driven world, life can be hard. Psychotherapy is for anyone who wants to break down the everyday stresses because throughout the course of our lives, we can all use help and support. It's no coincidence that real physical pain can manifest from emotional stress and trauma. Clients come to Dr. Spada with a host of issues that simply go away through this unique relationship and transformational process.

Bringing what is unconscious into the conscious world is a major part of Dr. Spada's approach. "The past is also in the present," says Dr. Spada. "It's important to step back and reflect on past experiences and how they can significantly impact our current behaviors." Whether addressing deeper concerns or to simply normalize processing the week, there's lots of laughter and unbiased support and understanding working with Dr. Spada. At LEAF, Dr. Spada and her clinicians work with children, teens, adults and families in beautiful, tranquil spaces at four Monmouth County locations. It's an environment where clients are free to be their unfiltered selves, creating the opportunity to be fully present and heard. Dr. Spada believes the magic of therapy is a privilege that everyone deserves, bringing calmness, clarity and healthier patterns to our daily challenges and busy lives.