

Babita Spinelli, LP JD

Babita Spinelli is the CEO of Babita Spinelli Group and Opening the Doors Psychotherapy, where she provides an empowering space for clients to explore what holds them back while challenging them to make positive and healthy changes to transform their lives. She has spent her life helping others, first as a lawyer and now as a Psychotherapist, Mental Health Consultant and Certified Coach. She knows what it's like to struggle and to thrive. Whether battling anxiety, grief, divorce, work challenges, career change or relationship issues, Babita is armed with an array of tools to help clients process, recover, take action and transform.

Babita works with individuals who are experiencing significant life transitions and couples looking to improve or rebuild their relationship. She also brings her corporate background and experience to partner with executives and leaders who recognize the benefits of a holistic approach to navigate the unique challenges they face in the workplace, in their personal lives, and in their relationships.

Her areas of expertise include divorce and post-divorce growth, relationships, high-conflict couples, executive self-care, narcissist abuse, infidelity and recovery, and therapy/coaching for executives, corporate teams and human resource departments.

Recognizing that one size never fits all, and that people are ever evolving, Babita founded the EMBRACE framework which utilizes a vast array of tools, approaches and methodologies customized to each client to deliver results. She is a trained psychoanalyst, and is certified in EMDR (Level 1 and Level 2) and Gottman (Level 1, Level 2), Emotionally Focused Therapy for Couples, and Collaborative Divorce. She is also a certified coach through Coach Training Alliance.

Babita was the 2019 recipient of New York Psychotherapist Award and was named New Jersey's top ten leading women entrepreneurs in 2020. She is a sought-after subject matter expert featured in media outlets around the world. Her therapy and coaching services are virtual and provided globally.

Education/Certifications

- New York University
- Temple University School of Law
- National Institute for The Psychotherapies (NIP)- Five Year Psychoanalytic Training Program

New Jersey Collaborative Divorce Certification

Gottman Institute Couples Therapy Clinical Training Certification Level 1 and 2.

Gottman Institute Certified Educator & Facilitator of New Parents/Parenting

EMDRA EMDR Trauma Training Level 1 and 2 Certified

Experience

Founder & CEO / Chief Coach – Business, Life/Career Transition,

Workplace Babita is the Founder & CEO/Chief Coach of Babita Spinelli Coaching.

Work life never occurs in a vacuum. Our home or personal lives often spill over into work and vice versa.

Leveraging her years as a Lawyer and in Corporate America helping companies navigate tough and pressing challenges, today she coaches and advises executives, private practice therapists and those in career transition.

Specialty areas include business, life/career transition, workplace dynamics and relationship coaching, as well as divorce-related parenting coordination.

Lastly, Babita provides consulting services to CEOs and HR leadership on mental health in the workplace and provide heart-centered business owners with strategies to set their businesses up for success.

Founder and Creator of EMBRACE | Helping Men & Women Forge a Path Forward & Embrace Life Fully. EMBRACE is a coaching practice providing in person and virtual coaching support. Whether at home or work, so much of our lives depend on our relationships with others. Babita helps men and women who know their relationships need work, or who want more. Because we are ever-evolving, there's no such thing as a one-size-fits all solution.

Babita harnesses the EMBRACE framework to understand your pressing issues and lay out a path forward to help clients tune into their unique selves and to embrace life and relationships fully, powerfully, authentically and successfully.

EMBRACE stands for Empowered, Meaningful, Bold, Resilient, Authentic, Compassionate, Energy – all powerful descriptors her clients agree they strive to call their own. On another level, Babita recognized first-hand the power of “embracing” a variety of resources and therapeutic tools during her own personal journey as a psychotherapist, corporate executive, lawyer and human being.

Babita has used this tailored approach to deliver deep and meaningful results to hundreds of clients who feel safe, deeply understood, energized and respected throughout.

Owner of Opening the Doors Psychotherapy Private Practice in person and online therapy. Services includes Couples Therapy, Individual Therapy (Psychodynamic, Psychoanalytic, CBT and DBT), Family Therapy and Parenting Coordination. Specializing in divorce support and recovery, high conflict couples therapy, blended families and co-parenting therapy.

Mott Hall Charter School Counselor/Psychotherapist. Conducted counseling sessions for adolescents and teens; created program combining athletics and therapy.

National Institute for the Psychotherapies Clinical Training and Practice in Psychoanalysis – Caseload of forty weekly patients along with advanced psychoanalytic training.

Parenting Coordinator/NJ Collaborative Divorce Coach Appointed Parenting Coordinator in New Jersey Courts on Divorce Matters. Draft parenting plans and mediate parenting agreements.

Media Features(Select Media, Press and Publications)

Podcast Interviews

- [Narcissism 101: A Quick Chat About Narcissistic Traits](#) – Threads Podcast
- [From Wall Street to Private Practice With Babita Spinelli](#) – The Therapist Experience Podcast
- [Tapping Into a Connection With Yourself You Didn't Even Know Was There](#) - #Parenting... Who? Podcast with Julie Clarke
- [Did You Know you Were With a Narcissist? You Are Not Alone](#) - Narcissist Abuse Support Podcast with Tracy Malone
- [Your Child Shows Narc Signs](#) - Narcissist Abuse Support Podcast with Tracy Malone
- [When Your Friend Is A Narcissist - What Do You Do?](#) - Narcissist Abuse Support Podcast with Tracy Malone
- [Healing the Broken Spirit: Reflections of How Sexual Assault Affects Women of Color](#) - A Date With Darkness Podcast
- [Couples Therapy: Working with Biracial/Multicultural Couples](#) - Psyched About Love with Laura Weissman

- [Divorce Recovery](#) - Chit Chat With a Therapist with Melissa DaSilva
- [Is Your Boss A Narcissist? Strategies on How To Survive Narcissistic Boss](#) - Narcissist Abuse Support Podcast with Tracy Malone
- [Shrinking yourself](#) - What's Next Podcast for Women with Pamela Stone
- [Failing Motherhood](#) - Parenting with Danielle Bettmann

Recent Quoted In

- [Lessons for Companies With Workers Combating Survivor's Guilt](#) - Bloomberg News
- [10 Signs Your Partner Is Emotionally Unavailable](#) - Oprah Magazine
- [5 Ways to Deal with Grief at Home](#) - Architectural Digest
- [Zoom Burnout Is Real - Here Are 7 Therapist Tips for Making Hangouts Better](#) - MSN
- [How Female Narcissists Differ From Male Narcissists + 4 Signs to Spot One](#) - MindBodyGreen
- [How Narcissism and Racism Are Connected, According to Research](#) - MindBodyGreen
- [What Is Love-Bombing? 4 Signs to Spot It In A New Partner](#) - MindBodyGreen
- [What is Doomscrolling? Why It's Harmful & How to Stop, From a Psychoanalyst](#) - MindBodyGreen
- [11 Everyday Habits of The Happiest Couples That Anybody Can Do](#) - Romper
- [If Your Husband Plays Video Games Instead of Helping with The Baby, Resentment Builds](#) - Romper
- [8 Signs Your In-Laws Are Influencing Your Significant Other](#) - Romper
- [20 Things to Talk to Your Partner About That Aren't the Kids, Work, or Chores](#) - Romper
- [20 Video Chat Activities for Grandparents & Kids of All Ages](#) - Romper
- [Stop the Vacation Guilt](#) - Insider
- [Why We Grieve Deaths of Celebrities Like Naya Rivera, and How to Cope](#) - Insider
- [Compassion & Selfless Service](#) - Brentwood Home
- [Miss the Ocean? Bring the Beach To You](#) - Brentwood Home
- [10 Steps for Making A Successful Career Change After 40](#) - The Muse
- [65 Things No Spouse Ever Wants to Hear, According to Relationship Pros](#) - Best Life
- [8 Tips for Having a Meaningful Money Talk in Your Marriage](#) - Marriage.com
- [65 Ways to Be A Better Spouse After 40](#) - Best Life
- [15 Romantic Surprise Ideas That Will Wow Your Partner](#) - Best Life

- [The Rise in Domestic Violence During Coronavirus](#) – Her Agenda
- [7 physical symptoms that can be caused by loneliness](#)- INSIDER

Select Published Articles

- [Mental Health in the Time of COVID: The Pandemic Under the Pandemic](#) – Psych Central
- [Holed Up with Your Spouse: 8 Ways to Survive and Thrive](#) – Thrive Global
- [8 Tips to Avoid Burnout When You Have to Work from Home](#) – Thrive Global
- [Wondering What Your Therapist is Doing for Self-care During the Coronavirus Pandemic?](#)– Thrive Global
- [Teletherapy Is the New Orange](#) – Thrive Global
- [How Do You Divorce A Narcissist During the Pandemic](#)– Thrive Global
- [An Open Letter to My Fellow Therapists: What I'm Doing for Self-Care During the Coronavirus Pandemic](#) – Medium
- [When Everything Is Upside Down: 7 Way to Take Care Of You](#) – Medium
- [Three Unique Responses to the Collective Trauma of COVID-19](#) – Medium

Additional Media/Articles/Interviews can be seen here:

<https://openingthedoorspsychotherapy.com/>

Select Memberships:

- New Jersey Association of Women Therapists
- American Bar Association/Family Law Section
- Association of Family and Conciliation Courts
- National Psychological Association for Psychoanalysis
- International Coaching Federation
- Coach Training Alliance