

Babita Spinelli

Psychotherapist | Certified Coach | Mental Health Consultant | Speaker

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, Executive Coach, Mental Health Consultant and Relationship Expert. She knows what it's like to struggle and to thrive. Babita is armed with an array of tools to help clients process, 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 lead their organizations and to navigate the unique challenges they face in the workplace, in their personal lives, and in their relationships.

Her areas of expertise include therapy/coaching for executives, corporate teams and human resource departments, relationships, high-conflict issues, executive self-care, narcissist abuse, and more.

Babita was the 2019 recipient of New York Psychotherapist Award and was named New Jersey's top ten leading women entrepreneurs in 2020. She has been featured in Forbes, Bloomberg, MSN, Men's Health, Business Insider and the Washington Post to name a few. She is a sought-after subject matter expert featured in media outlets and television 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
- Coach Training Alliance Executive Coaching

- 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
- EMDRAEMDR 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 as an executive 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.

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.

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 BabitaSpinelli](#) – The Therapist Experience Podcast
- [Narcissism With Babita Spinelli - Born To Be A Badass-](#) works with people who are experiencing significant life transitions and couples looking to improve or rebuild their relationships.
- ["Forgiveness" ~ With Guest Babita Spinelli, LP - I Used To Be A Therapist](#) - Babita Spinelli is the CEO of The Babita Spinelli Group and “Opening the Doors Psychotherapy”.
- [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.
- [Narcissism in Relationships](#) – Born to be badass with Cynthia Jolicoeur
- [Divorce Recovery](#) - For Her Empire Podcast.
- [How Can You Build Your Loyal Customers during Covid-19](#) - The Simonetta Lein Show.
- [What Is A Healthy Relationship?-](#) Power Panel With Babita Spinelli - Your Voice; Your Power With Anika.
- [The Effects of Shrinking Yourself With Babita Spinelli – What's Next Podcast-](#) in this episode as guest Babita talk's about how she handle facing these life changes and many more.
- [Forgiveness](#) - Guest Babita Spinelli, LP - I Used To Be A Therapist.
- [Between 2 Clinicians](#) - Babita Spinelli, LP is an accomplished .Psychotherapist/Psychoanalyst.
- [Impact Of Grief On Relationships](#) - Unplug Grief.

- [Babita Spinelli](#) - Psychotherapist/Relationship Coach & CEO Of Opening The Doors Psychotherapy.
- [Shame](#) - And How It Manifests In Sex & Intimacy With Babita Spinelli.
- [Tapping Into A Connection With Yourself You Didn't Even Know Was There With Babita Spinelli - #Parenting Who Podcast](#)- Meet Babita Spinelli in today's podcast! Babita is a Licensed Psychotherapist/Psycholanalyst who practices in New York and New Jersey.
- [Mindset Of Success: Scarcity To Abundance With Babita Spinelli](#)- Working a job is difficult when you don't enjoy it.
- [Episode 55: The Importance Of Mindset W/ Babita Spinelli](#) - Babita Spinelli, Licensed Psychotherapist & Certified Coach joins JD and Melissa interview for the JD and Melissa's Show.
- [Money Talks, Love Listens Episode: 14 Balancing Married Life During The Pandemic!](#)- Babita Spinelli, Licensed Psychotherapist & Certified Coach joins Gwen Washington and Jim Garabedian interview for the interview for Gwen's show.
- [How Anxiety Shows Up In Our Lives And Managing It With Babita Spinelli](#)- Babita Spinelli, Licensed Psychotherapist & Certified Coach joins April Disher on her podcast.
- [Keep Your Relationship Thriving during the Pandemic](#)- Take relationship advice from Dating Coach and Psychotherapist Babita Spinelli. Join in on the conversation with Sydney Neely.
- [How To Keep Love Alive Amid COVID-19](#)- Bridge Street: Keep Love Alive.
- [Every Relationship Needs A Counselor, With Guest Babita Spinelli](#)- Relationship expert Babita Spinelli joins us this week on the podcast for a special Valentine's Day episode.
- [Love In A Lockdown: Relationship Coach Shares Tips On Keeping That Spark](#)- Babita Spinelli is an accomplished psychotherapist and certified relationship Coach joined News Channel 7.
- [Keeping The Love Alive On Valentine's Day Amid COVID-19 Pandemic](#)- It was such a pleasure to be on the WWMT-TV and interviewed by Hannah Knowles.
- [Keeping Love Alive During The Pandemic](#) - Babita Spinelli is an accomplished psychotherapist and certified relationship Coach joined PHL17.
- [Relationship Expert Babita Spinelli Offers Tips On Love](#)- Keep love alive in 2021 with some of these love and relationship tips from psychotherapist Babita Spinelli.
- [Tips For Keeping Love Alive During Coronavirus Pandemic](#)- Licensed therapist Babita Spinelli has some tips for keeping the love going by having self-care plans.
- [Career Change With Babita Spinelli](#) - In this episode of the For Her Empire Podcast, Babita Spinelli talks about career change.
- [Every Relationship Needs a Counselor, with guest Babita Spinelli](#) - Relationship expert Babita Spinelli this podcast for a special Valentine's Day episode.
- [Did You Know You Were With A Narcissist?](#) - Psychotherapist Babita Spinelli Tells Us We Are Not Alone

- [Divorce Recovery with Babita Spinelli](#) - Babita Spinelli talks about divorce recovery, divorce settlements, life after a divorce, and the impact it could have on you and your kids.
- [Memoirs Of Successful Women](#)- In this episode of Memoirs of Successful Women, Transformation Queen Annie Gibbins interviews Licensed Psychotherapist / Psychoanalyst Babita Spinelli Opening the Doors Psychotherapy In the early 1990s.
- [House Divided: Husband And Wife Rooting For Opposite Super Bowl LV Teams](#)- Relationship expert Babita Spinelli says being present, mindful, and learning the art of pivoting can help mend sports rivalries between couples.
- [Impact Of Grief On Relationships](#) With Babita Spinelli - Unplug Grief
- [From Wall Street to Private Practice](#) With Babita Spinelli
- [Narcissism With Babita Spinelli](#) - In this episode of the For Her Empire Podcast, Babita Spinelli speaks about narcissism.
- [Keeping The Love Alive In A Pandemic](#)- Nationally recognized psychotherapist and relationship expert Babita Spinelli joined AM Extra to share tips on how to keep the love alive.
- [Keeping Love Alive In The Pandemic](#) -Nationally known psychotherapist and relationship expert Babita Spinelli is interviewed on ABC10.
- [Divorce Recovery With Licensed Psychotherapist Babita Spinelli](#)- In this episode of the For Her Empire Podcast, Babita Spinelli talks about divorce recovery, divorce settlements.

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
- [6 Most Common Reasons For Divorce](#) – Dcomply
- [So Your In-Laws Are Narcissists: Here's How To Deal, From Psychologists](#) – MGB
- [How To Tell If You're Accidentally "Spiritually Gaslighting" Yourself \(Or Others\)](#) – MGB
- [Finding Your Twin Flame Isn't Always A Good Thing: Here's Why](#) – MGB
- [40 Years Old and No Career? Here's Why It's Not Too Late for a Professional Transformation](#) - EGGCELLENT WORK
- [Four Reasons Caregivers Should Practice Self-Care](#) – HealthCentral
- [20 Signs Your Relationship Might Be Over, According To Couples' Therapists](#) – MGB

- [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
- [How To Actually Be Happy Being Single, According To Psychologists](#)- MindBodyGreen
- [Tips On Self-Motivation](#)- Brentwood Home
- [Nutrition Experts Share Why They Think Keto Is One Of The Worst Diets — Even The Less Restrictive 'Modified' Version](#)- Insider
- [How To Break Up With Someone You Live With, From Relationship Experts](#)- MindBodyGreen
- [How Long After Pregnancy Can You Have Sex?](#)-Very well family
- [What's The Difference Between A Twin Flame & A Soul Mate?](#)- Well Health Mag
- [Am I Dating An Algorithm? Relationship Experts Weigh In On The Impacts Of AI](#)- Forbes
- [What Your Body Language Really Says About Your Relationship](#)- HealthDigest
- [5 Ways To Protect Your Mental Health This Holiday Season](#) – Medium
- [What Is Ecotherapy? Nature-Based Approaches For Healing](#) - PUBLIC GOODS
- [5 Things You Need To Know To Survive And Thrive After A Divorce](#) – medium
- [Writing & Gratitude: The Joy of Giving Thanks](#)- BRENTWOOD HOME
- [27 Signs Your Parent Is Gas lighting You & What To Do About It](#)- MBG
- [How Loving Kindness Meditation Can Help You Deal With Even The Most Annoying People](#)-The Washington Post
- [Is Zoom Burnout Real? These Are 7 Therapist Tips For Better Hangouts While Maintaining Social Distancing \(2021\)](#)- Aninspring.Com
- [20 Ways To Boost Your Mental Health](#) - Men's Health
- [Fluid Vs. Rigid Boundaries: Here's The Difference & When To Use Each One](#) – MBG
- [The Surprising Mental Benefits Of Running Without Your Wearable](#) – Well + Good
- [5 Reasons Why Narcissists Like Strong, Confident Women](#)-medium
- [15 Things Therapists Do When They're Anxious Watching The Debates](#)- Huff Post
- [Loving Yourself: What It Is And How To Do It](#) - thrive global
- [What Is A Twin Flame? 11 Signs You've Found Your "Mirror Soul"](#)- MBG
- [10 Steps For Making A Successful Career Change After 40](#) – The Muse
- [How to Set Boundaries To Protect Your Mental Health](#) – The Healthy
- [What Is Love-Bombing? 4 Signs To Spot It In A New Partner](#) – MBG
- [You're An Employer, Not A Psychologist](#)- TLNT
- [Stop The Vacation Guilt. If You're Not Being Reckless, You Shouldn't Feel Bad About Getting Away.](#)- INSIDER
- [This Wild 2020 Has Changed Our Social Media Habits, Research Finds](#) – MBG
- [Instead Of Screaming, Here's How To Talk To Your Husband About His Hour-Long "Poops"](#) - Romper
- [How To Renew A Relationship After A Breakup](#) – Marriage.com

- [8 Tips To Avoid Burn-Out When You Have To Work From Home](#) – Thrive Global
- [Holed Up With Your Spouse: 8 Ways To Survive And Thrive](#)- Thrive Global
- [These 20 Fun Video Chat Activities Will Keep Kids & Grandparents Connected](#) – Romper
- [The Rise In Domestic Violence During Corona virus](#) – Her Agenda
- [An Open Letter To My Fellow Therapists: What I’m Doing For Self-Care During The Corona virus Pandemic](#) - Medium
- [14 Things The Best Partners Do On Father’s Day That He’ll Genuinely Appreciate](#) - Romper
- [What To Do If You & Your Partner Don’t Agree On What’s Safe Post-Quarantine](#)- Romper
- [15 Signs Your Marriage Will Survive Infidelity](#) - Romper
- [How To Celebrate Grandpa From A Distance This Father's Day](#)- Romper
- [11 Ways To Inspire Positivity During The Pandemic](#) – celebrity parents
- [How Narcissism & Racism Are Connected, According To Research](#) – MBG
- [Here Are 20 Things To Talk To Your Partner About That Aren’t Kid-Related, For Once](#) - Romper
- [20 Most Common Things Parents Argue About During The Holiday Season](#) - Romper
- [Here Are 8 Signs That Your In-Laws Have Too Much Influence Over Your S.O.](#)- Romper
- [How To Stop The Cycle Of “Doomscrolling”](#)- The Latch
- [Strategies To Help You Work Smarter \(Not Harder!\)](#) - Medium
- [4 accidental killers reveal what the horrific experience is like — and how they've lived with the pain and shame](#) - Insider
- [Why We Grieve The Deaths Of Celebrities Like Naya Rivera, And How To Cope](#) –Insider
- [Ideas To Cease Doomscrolling And Defend Your Psychological Wellbeing](#)- Daily USA
- [I Learned A New Word Today](#) –Mangoes
- [Why Creating A "Relationship Contract" Builds A Stronger Relationship — And The 5 Things It Needs](#) – YourTango
- [What Is Love-Bombing? 12 Signs To Spot It In A New Partner](#) –MGB
- [Renowned Relationship Expert Babita Spinelli Launches New Divorce Recovery Program](#) – Ohwabisabi
- [The Psychology Of Peter Pan Syndrome & 6 Signs Someone Has It](#) – MBG
- [11 Telltale Signs You're Dealing With A Toxic Person](#) – MBG
- [The Psychology Of Peter Pan Syndrome & 6 Signs Someone Has It](#) – MGB
- [Are You Displaying Toxic Positivity? Here's How To Tell, From Experts](#) –MBG
- [What it’s like to realize you’re being “paperclipped” in a relationship](#) – Keeper
- [The Reason Why So Many Couples Get Divorced After Fifty & 10 Ways To Avoid Becoming One Of Them](#) – Yourtango
- [12 Foreplay Ideas You And Your Partner Can Do Throughout The Day](#) – Rooper
- [Surviving And Thriving After A Gray Divorce — 6 Helpful Tips](#) – Medium
- [8 ‘Green Flags’ That Let You Know Your Relationship Is Right For You](#) – YourTango
- [How Employers Can Reduce Re-Entry Anxiety In the Workplace](#) – Thrive Global
- [The Psychology Of Peter Pan Syndrome & 6 Signs Someone Has It](#) – MGB

- [3 warning signs that a loved one is in an abusive relationship](#) – Insider
- [We are all a little guilty of it, some more than others: Doomscrolling.](#) - Ocpharmacy
- [So, Your Boss Is A Narcissist... Now What?](#) – Thrive Global
- [I Think My Wife Hates Me: The Hidden Meaning Behind Husbands' Worry](#) - Fatherly

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

Recent Television and Radio Appearances

- [Setting Realistic Goals For 2021](#) - wwltv.com
- [Pandemic Impact on Relationships](#) – Fox19
- [Tips on Keeping a Healthy Relationship during the-](#) Tampa Bay,
- [Keeping Love Alive Amidst The Pandemic | Babita Spinelli](#) – Good Day Central Illinois
- [Keeping Love Alive During The Pandemic](#) - Fox 59
- [Tips to Keeping a Healthy Relationship](#) - KRCW-CW
- [Impact of Pandemic on Couples](#) – Your California Life

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.