

PSYCHOTHERAPIST OF THE YEAR

Babita Spinelli LP JD (Opening The Doors Psychotherapy)

NEW YORK &
NEW JERSEY

Babita Spinelli is the CEO of Opening The Doors Psychotherapy and Babita Spinelli Group, where she offers an empowering space for clients to identify positive and healthy changes and transform their lives. Working predominantly with individuals experiencing significant life transitions and couples looking to improve or rebuild their relationships, the psychotherapist's areas of expertise also include therapy/coaching for the corporate sector, high conflict issues and narcissist abuse. As a former lawyer and Corporate America executive, Babita utilises her commercial experience to bring mental health services to the workplace and speaks at various organisations on wellness and mental health topics.

The judges were particularly impressed by the inclusive nature of Babita's therapy, which is available for any and every kind of business or individual. As a culturally sensitive trained therapist, the mental health specialist's services help clients from a variety of backgrounds and cultures, including multi-cultural couples, and her experience in this field means clients are afforded greater clarity and confidence in their lives. Babita offers a productive space for all those hoping to benefit from her specialist skills, enabling many to make healthier decisions and break away from the anxieties and stresses holding them back. Babita has been featured in the media as an expert in Forbes, Men's Health, MSN, Washington Post, ABC, NBC, SXSW and Bloomberg to name a few.



www.openingthedoorspsychotherapy.com
www.babitaspinelligroup.com
+1 (347) 884-7316
babitaspinellip@gmail.com



**BABITA OFFERS AN
EMPOWERING SPACE
FOR CLIENTS TO
IDENTIFY POSITIVE AND
HEALTHY CHANGES AND
TRANSFORM THEIR LIVES.**

