

VIP Therapeutic Divorce Coaching

Elizabeth Cohen, PhD - The Divorce Doctor



Dr. Elizabeth Cohen is a world-renowned clinical psychologist who received her graduate degree from Boston University the leading training program in Cognitive Behavioral Therapy.

She has won prestigious awards for her clinical research on the effects of the tragedy of 9/11 on New Yorkers. Dr. Cohen is the CEO and Director of Dr. Elizabeth Cohen and Associates, a boutique therapy clinic in NYC. Dr. Cohen is also the founder of Afterglow: The Light at the Other Side of Divorce an online program to help people thrive, not just survive their divorce. Dr. Cohen's book based on this work, Light at the Other Side of Divorce: Discovering The New You, will be published in April 2021.

Dr. Cohen has training in a variety of therapeutic modalities including Cognitive Behavioral Therapy, Somatic Experiencing Therapy, and Acceptance and Commitment Therapy, Mindfulness Based Stress Reduction.

Her training as a psychologist makes her uniquely able to help you process the loss and grief that accompanies divorce so you can be the best advocate for yourself and step into your next chapter with optimism and joy.

Dr. Cohen has worked with thousands of clients and has helped them learn, heal and grow.

When you work with Dr. Cohen you will get:

- A blueprint for how to move through your divorce proceedings with confidence
- Specific tips on healthy communication
- Specific and actionable tools to manage anxiety, depression and overwhelm
- Research supported strategies to process loss and grief
- An opportunity to clean your side of the street so you and your ex can have a collaborative relationship moving forward
- Research supported trauma treatments to process old hurt and pain

Services provided:

- 2 one and a half hour sessions per week with Dr. Cohen
- Immediate access to Dr. Cohen via text communication (Monday- Friday 9am-5pm)

For more information, schedule a 30-minute free consultation with Dr. Cohen.