

Dr. Heather Taylor: A Compassionate Guide Through Grief and Transition

Unique Therapeutic Approach Tailored to Individual Experiences of Loss and Change



New York City, New York Jan 2, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Dr. Taylor, a licensed psychologist and

grief therapist, is dedicated to providing a compassionate and personalized therapeutic space for individuals navigating the complexities of grief and life transitions. With a robust educational background that includes a BBA from Gonzaga University, a MACP, and a PsyD from Northwest University, she combines academic expertise with personal experiences that deeply inform her practice.

Her journey into the field of psychology was profoundly influenced by her own experiences with loss. “I’m no different from the clients I see. Like everyone else, I’m human,” she notes. After facing a significant loss nearly fifteen years ago, she struggled to find a therapist who could offer the understanding and space she needed for healing.

Dr. Taylor’s approach is rooted in the belief that grief is a lifelong journey that evolves over time. “Grief never goes away; it just gets different,” she explains. Her goal is to help clients learn to carry their grief through the various seasons of their lives, providing them with coping strategies and tools for growth.

With extensive training, including volunteering with hospice organizations and working in bereavement departments, she has honed her ability to create a safe and supportive environment for individuals grappling with loss. “Having a safe space to process both death and non-death losses is essential to the human experience,” she emphasizes.

Maintaining an approach to her practice that is not a “one size fits all”, Dr. Taylor integrates art, writing, mindfulness, and other tools to tailor therapy to each client’s unique needs and experiences. Her expertise extends beyond grief therapy; she also specializes in supporting individuals facing challenges related to fertility, postpartum adjustments, and transitions in life.

“Therapy is a safe place to get tools to help you own your voice and how you want to show up in the world,” Dr. Taylor states. She encourages individuals to prioritize their mental health and seek help during challenging times.

Dr. Taylor also hosts the Grief is the New Normal podcast, available on all major podcast platforms. There she works to provide modern grief education while discussing different ways grief can show up in our day-to-day experiences. Through a combination of solo episodes and interviews with other mental health professionals, she works to normalize talking about grief so we can feel empowered to let our grief take up space.

For those seeking support on their path through grief or navigating life’s transitions, Dr. Heather Taylor offers a compassionate, individualized approach to therapy.

Learn More about Dr. Heather Taylor:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82038200-Heather-Taylor-Psychologist> or through Grief is the New Normal Psychological Services, <https://griefisthenewnormal.com/about-dr-taylor/>

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Source : Dr. Heather Taylor

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