

Henry Grayson, Ph.D.: The Mind-Body Healer Revolutionizing Mental Health

Blending Science, Spirituality, and Psychotherapy for Holistic Healing



New York City, New York Mar 4, 2025 ([IssueWire.com](https://www.issuewire.com)) - Dr. Henry Grayson, Ph.D., a distinguished integrative mind-body psychologist and psychotherapist, is making waves in the mental health community with his innovative approach to therapy that marries psychological principles with spiritual insights. As the Founder and Board Emeritus of the National Institute for the Psychotherapies (NIP) in New York, Dr. Grayson has dedicated his career to providing exceptional training for mental health professionals and delivering affordable, high-quality therapy to individuals, couples, families, and children.

With a clinical practice located in Westport, Connecticut, and New York City, Dr. Grayson specializes in empowering clients to reclaim control over their mental and physical health. His therapeutic approach incorporates a variety of methodologies, including Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Energy Psychology, and Integrative Mind Body Psychology, among others. This multifaceted strategy is designed to address the complexities of the human experience, helping clients to achieve holistic healing.

Dr. Grayson's unique background as a former Protestant minister has profoundly influenced his therapeutic style. After earning a Ph.D. in Psychology from Boston University and obtaining post-doctoral certification in psychoanalysis from the Postgraduate Center for Mental Health in New York City, he developed Synergetic Therapy—a groundbreaking approach that integrates insights from psychology, quantum physics, and Eastern and Western spiritual philosophies. His extensive studies have positioned him as a leading voice in the emerging field of spiritually based mind-body energy psychology.

Throughout his illustrious career, Dr. Grayson has been actively involved in various professional organizations. He is a Fellow of the American Group Psychotherapy Association, a Diplomate of the American Board of Professional Psychology and the Association for Comprehensive Energy Psychology, as well as a member of multiple psychological associations, including the American Psychological Association, the New York State Psychological Association, the Connecticut Psychological Association, the Association for Transpersonal Psychology, the Institute of Noetic Sciences, the Society for the Scientific Study of Subtle Energies Medicine, and EMDR International Association. He also founded the Association for Spirituality and Psychotherapy and the Institute for Spirituality, Science, and Psychotherapy, further exemplifying his commitment to integrating spirituality into psychological practices.

A prolific author, Dr. Grayson has penned several influential books that challenge conventional notions of healing. His works include *Use Your Body to Heal Your Mind: Revolutionary Methods to Release All Barriers to Health, Healing and Happiness*; *The New Physics of Love: The Power of Mind and Spirit in Relationships*; *Your Power to Heal: Resolving Psychological Barriers to Your Physical Health*; and *Mindful Loving: 10 Practices for Creating Deeper Connections*. His bestselling audio series, *The New Physics of Love: The Power of Mind & Spirit in Relationships*, has reached a wide audience, helping many to explore the intersection of mind, spirit, and relationships.

As a sought-after speaker, Dr. Grayson has appeared in numerous documentaries and PBS specials, sharing his insights on the power of the mind-body connection and the transformative potential of integrating spirituality into psychotherapy. His work continues to inspire both clients and mental health professionals alike, as he advocates for a more holistic approach to mental well-being.

"I believe that true healing comes from addressing the mind, body, and spirit as interconnected elements of our being," Dr. Grayson states. "By utilizing a blend of therapeutic approaches, we can empower individuals to break free from psychological barriers and live healthier, more fulfilling lives."

For those seeking to enhance their mental health journey, Dr. Grayson's integrative methods provide a fresh perspective on healing, offering practical tools and profound insights into the nature of the human experience.

Learn More about Dr. Henry Grayson:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1511713-Henry-Grayson-Psychologist>

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