

Randi Garfinkel, LCSW, Expands Her Private Practice to a Group Model, Enhancing Access to Quality Mental Health Care

A New Haven for Healing and Growth in Mental Health Care



New York City, New York Apr 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Beacon at Sea Counseling, the trusted private practice founded and led by Randi Raizel Garfinkel, LCSW, is entering a new chapter. After nearly two decades of dedicated clinical work, Randi is expanding her solo practice into a group model,

allowing her to extend her reach and meet increasing demand. This virtual practice continues to provide compassionate, customized therapeutic services to adolescents, young adults, and adults in New York, New Jersey, and Massachusetts.

She graduated from Yeshiva University's Wurzweiler School of Social Work in 2005, and since then, she has dedicated her career to helping individuals navigate the complexities of mental health. Randi has built a reputation for providing deeply personalized care to individuals navigating a range of mental health challenges, including depression, anxiety, LGBTQ+ issues, religious conflict, life transitions, and childhood trauma. Her empathetic, strengths-based approach and commitment to quality have been the hallmark of the practice.

Randi utilizes a diverse array of therapeutic techniques, including Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT, Mindfulness, Inner Child work, and Somatic therapy. She places a strong emphasis on the therapist-client relationship, striving to create a warm, honest, and collaborative environment. Each session is tailored to the unique needs of her clients, ensuring they receive thoughtful, effective support on their path to healing.

"I am passionate about fostering healing and resilience in my clients," says Randi. "At Beacon at Sea Counseling, I want to create a safe space where individuals can explore their feelings, learn coping strategies, and ultimately thrive in their lives."

Randi's impressive credentials include certifications in Trauma-Focused CBT, the Nurtured Heart Approach, Clinical Supervision, and School Social Work. Her extensive experience includes roles such as Clinical Supervisor at Savia Community Counseling and Clinical Coordinator for Effective School Solutions at Parsippany High School, where she has made a significant impact on the mental health landscape in her community.

As Beacon at Sea Counseling grows, Randi remains the guiding force behind its clinical direction and values. The new therapists joining the practice are carefully selected to align with her approach and will work under her supervision, continuing the high standard of care she has spent years cultivating.

As she embarks on this new journey, Randi invites individuals seeking support to reach out and explore the transformative possibilities available through counseling. Beacon at Sea Counseling is now accepting new clients and offers a range of flexible appointment options.

Learn More about Randi Garfinkel:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83823437-Randi-Garfinkel-Social-Worker>, or through Beacon at Sea Counseling, <https://www.beaconatseacounseling.com/>

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Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Randi Garfinkel

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