

## **Carolyn Gartner, LCSW, a Therapist with Center for Integrated Grief**

Get to know Therapist, Carolyn Gartner, who serves patients throughout the State of New York.



**New York City, New York Dec 2, 2023 ([Issuewire.com](https://www.issuewire.com))** - Carolyn is a licensed clinical social worker

and psychotherapist based in New York, specializing in grief. Her practice, Center for Integrated Grief, encompasses individual, group, and geriatric counseling.

Emphasizing the personal nature of psychotherapy, Carolyn aims to assist individuals feeling overwhelmed, sad, anxious, or lost in setting and achieving life goals. With adept assessment skills, she swiftly addresses the root of problems, fostering a collaborative therapeutic relationship with each client.

Bringing a varied background to her practice, Carolyn graduated from NYU's Tisch School of the Arts and worked in the film industry for 10 years. She incorporates her skills as a screenwriter, utilizing narrative storytelling as a therapeutic technique.

In 2013, Carolyn graduated with her Master of Social Work from the Silberman School of Social Work at Hunter College. Her mini-thesis was awarded the Jacob Goldfein Award for Scholarship about how children understand death and dying and how to help them cope.

Seeking clients open to various coping techniques and therapeutic exercises, Carolyn particularly fits well with those seeking relief from anxiety or grief.

Some of her clinical experiences have involved providing counseling to frontline workers during the pandemic, working with Holocaust survivors at Steven Spielberg's Shoah Foundation, engaging in creative writing therapy with homeless women in shelters, and conducting recreational therapy with older adults in assisted living.

Honing her mental health skills as a home hospice social worker for 8 years, Carolyn wrote a book about her hospice experience: *Death, Brooklyn and the Gritty Side of Grace*.

For her own coping techniques, she swims weekly and practices yoga and meditation daily.

### **Learn More about Carolyn Gartner:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83209139-Carolyn-Gartner-Social-Worker> or through her website, <https://carolyngartner.com/>

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