

# Laura Silverstein

Laura Silverstein, LCSW, Certified Couples Therapist, is a relationship expert with over 30 years of experience helping committed couples revive their relationships and move from feeling like task-oriented roommates, to happy, connected partners.

You can find her action-oriented relationship advice in places like the New York Times, Today, and Women's World. She is the author of Love Is an Action Verb and is available for media interviews and speaking engagements.



[laurasilverstein.co](http://laurasilverstein.co)

LCSW, CERTIFIED COUPLES  
THERAPIST

MEDIA KIT

# Hi, I'm Laura Silverstein

LCSW, CERTIFIED COUPLES THERAPIST

Laura Silverstein is a recognized thought leader in the field of relationship wellness, sought out for her expert advice from media outlets such as The New York Times and The Today Show. Author of Amazon Best Seller, *Love Is an Action Verb*, she is one of today's most original and insightful experts on modern relationships. Her advice is evidence-based, inclusive, jargon-free and action-oriented. She is known for helping couples focus on their strengths instead of their problems and guiding them with small, step-by-step action plans.

As founder and co-owner of Main Line Counseling Partners, a small private practice, in Bryn Mawr, PA, she oversees over 5,000 hours of therapy a year, manages a team of therapists, and provides live workshops and trainings to aspiring couples therapists. She credits her success to the bravery of her clients, who trust her with the welfare of their marriages, her family and husband who keep her humbly motivated to keep getting better, and for the opportunity to study under some of the most brilliant mentors in the field.

She lives in the suburbs of Philadelphia, which she affectionately refers to as "the city of humanly love." Laura started her journey early, having earned her Bachelor's in Social Work from Skidmore College, and Master of Social Work from University of Connecticut. She saw her first couple in 1992, and then went on to study under Drs. John and Julie Gottman, undisputed leaders in the field of relationship research and couples therapy. Laura has been certified in their model since 2011, and collaborates with The Gottman Institute regularly as a speaker, trainer, and writer.





# Interview Questions

- Why did you title your book, Love Is an Action Verb?
- What's the most common problem that brings couples into couples therapy?
- If there was one thing our listeners could do to improve their relationship by the end of the day today, what would it be?
- What has been your biggest learning about human relationships in the last 30 years of doing your work?
- Are there things individuals can do to improve their relationships when their partner is not interested in joining you in activities such as reading a book together, attending a workshop or Couples Therapy
- What's it like to be married to another couples therapist?
- What advice do you give to people about how to ask their partner for what they need?
- What is roommate syndrome?
- What are some of the biggest mistakes couples make when they are trying to improve their relationships?

# Topics Of Expertise

- Emotional and Physical Intimacy
- Roommate Syndrome
- Communication
- Conflict Resolution
- Relationship Routine
- Relationship Goals
- Datanight Planning
- Empathy Training
- Intimacy Building
- Trust Building



# Laura Silverstein

SPEAKER, AUTHOR, AND  
CERTIFIED COUPLES THERAPIST

## WEBSITE

<https://laurasilverstein.co>

## BLOG

<https://laurasilverstein.co/blog/>

## BOOK

<https://laurasilverstein.co/love-is-an-action-verb/>

## CONTACT

Interested in interviewing Laura  
or hiring her to speak at your  
relationship wellness event?

Contact Jessica Kryzer at  
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## AS FEATURED IN:

[NEW YORK TIMES](#)

[GOTTMAN INSTITUTE](#)

[TODAY](#)

[WOMAN'S WORLD](#)

[THE INSIDER](#)

[BUSTLE](#)

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