

Susan Stiffelman, MFT

Short Bio:

Susan Stiffelman, MFT Susan Stiffelman is a licensed Marriage, Family and Child Therapist, a credentialed teacher, and an educational therapist. She is the author Parenting Without Power Struggles and Parenting With Presence (an Eckhart Tolle Edition). Susan offers Master Classes for parents around the world on topics like Helping Children Manage Anxiety, Steering Clear of Screen Time Struggles, and Keeping Your Parenting Cool. She also hosts the popular Parenting Without Power Struggles podcast.

Susan delivers personal support for parents in two monthly coaching groups: The Parenting Without Power Struggles member community, and the Co-Parenting with a Narcissist membership, with Wendy Behary, MFT. Her work has been featured on “The Today Show,” The New York Times and Wall Street Journal and praised by thought leaders including Eckhart Tolle, Glennon Doyle, and Alanis Morissette. Susan is a lifelong meditator and is the proud mother of a grown son and lives with her husband in California. Her great joy is in helping parents raise joyful, resilient kids.

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