

Dr. Kathy McCoy

**Award-Winning Author,
Journalist, &
Psychotherapist**



Connect with Dr. Kathy McCoy



Dr. Kathy McCoy is an award-winning author, journalist, and blogger as well as a psychotherapist specializing in family estrangement, midlife issues, and strategies to deal with anxiety and depression. Her books include the classic, American Library Association award-winning *The Teenage Body Book* (now in its 7th edition); *We Don't Talk Anymore: Healing After Parents and Their Adult children Become Estranged*; *Understanding Your Teenager's Depression*; *Growing and Changing: A Handbook for Preteens*; and *Purr Therapy: What Timmy and Marina Taught Me About Life, Love and Loss*. Her latest book is *The Crocodiles Will Arrive Later*, a memoir of growing up with a mentally ill parent.

Dr. McCoy has written many articles for national magazines, newspapers, and professional journals such as *Readers Digest*, *Redbook*, *The New York Times*, *Family Circle*, *Woman's Day*, *New Woman*, *Ladies Home Journal*, *Glamour*, *Mademoiselle*, *'TEEN*, *Seventeen*, *Brides*, *TV Guide*, and *The Journal of Clinical Child Psychology*.

A frequent guest on national television, she has made numerous appearances on "The Today Show" and "Oprah." She is also a featured expert on adolescent, family, and relationship issues for *USA Today* and other print and online publications including *The Wall Street Journal*, *U.S. News and World Report*, *AARP.com*, *Today.com*, and *The Huffington Post*.

She writes the "Complicated Love" blog for *PsychologyToday.com* and also the "Living Fully in Midlife and Beyond" blog. Her podcast, "Living Fully with Dr. Kathy McCoy," a 2019 "Best Pick" by *Woman's Day* magazine, is available on iTunes, Stitcher Radio, and Podcastpédia.

Dr. McCoy received her B.S. and M.S. degrees in journalism from Northwestern University's Medill School of Journalism. She has a Ph.D. in Human Behavior from Pacific Western University, and an M.A. in Clinical Psychology from Antioch University. She is a marriage and family therapist licensed in both California and Arizona. She does teletherapy for clients in both states for two major telehealth companies, as well as for her private practice in Florence, Arizona.

As seen in:



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