

ESTHER BOYKIN, LMFT

Esther Boykin is a psychotherapist who wants to live in a world where everyone believes that Therapy Is Not A Dirty Word. Whether in her role as CEO of Group Therapy Associates, a coach, consultant, author, or media expert, she works daily to make mental health accessible, innovative, and culturally relevant for all people.

In 2004 with a Master of Science from Virginia Tech and a vision of making mental health widely accessible to all, Esther Boykin began her career as a marriage and family therapist. Five years later, with her passion for therapy and relationships growing, Esther began her entrepreneurial journey by opening Group Therapy Associates—a psychotherapy practice in the Washington, D.C. metro area. After several years as CEO of Group Therapy Associates, Esther expanded the company to include a new division called Therapy Is Not A Dirty Word.

In addition to her role as a licensed marriage & family therapist and CEO, Esther is also an adjunct professor at Virginia Tech teaching the business of therapy, author of *The Date Deck*, and a sought-after relationship and mental health expert. In 2021, she gave a commencement speech to the Lewis & Clark Graduate School of Counseling and Education, from which she received an Honorary Doctorate.

She was recently named a top 21 relationship expert to follow by *Cosmopolitan* magazine and has appeared on NBC's *Today* show, Bravo's *Real Housewives of Potomac*, *HuffPost*, *Good Morning Washington*, the *Wall Street Journal*, *Refinery 29*, and a myriad of other media outlets.

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