



LICENSED CLINICAL SOCIAL WORKER

PERINATAL MENTAL HEALTH SPECIALIST

PATERNAL PERINATAL MENTAL HEALTH

PERINATAL MOOD & ANXIETY DISORDERS

PERINATAL LOSS

PSYCHOLOGY OF MEN & MASCULINITIES

ACCELERATED RESOLUTION THERAPY

GOTTMAN METHOD COUPLES THERAPY

EMOTIONALLY FOCUSED THERAPY

CONNECT WITH MATTHEW



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MATTHEW BRAMAN, LCSW, LCSW-C, PMH-C
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BIO AND INTRODUCTION

Matthew Braman is a licensed clinical social worker, a certified perinatal mental health specialist, and the founder & CEO / therapist of Verve Psychotherapy, his private practice.

With 13 years of experience and licenses to practice in five states (CT, GA, MD, NJ, NY), Matthew has advanced training to provide trauma-informed care using evidence-based practices to empower men in early fatherhood and postpartum couples to find more calm, confidence, and connection in their emotional and relational lives.

His clinical interests include Accelerated Resolution Therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Gottman Method Couples Therapy, Emotionally Focused Therapy, Relational Life Therapy, and the Psychology of Men and Masculinities.

Matthew presented on “*Working with Dads in the Perinatal Period*” at the Nurturing Mamas Network’s 2026 Perinatal Mental Health Conference in Dallas, TX.

Matthew is a speaker at The Perinatal Collective’s upcoming 2026 Perinatal Mental Health Conference, presenting virtually on “*Shifting the Perinatal Mental Health Paradigm: Matrescence, Dad Brain, and Family-Centered Care*”.



MEN IN EARLY FATHERHOOD

NEW DADS

GRIEVING FATHERS

FERTILITY CHALLENGES

NICU DADS

EXECUTIVE DADS

SOBER CURIOUS DADS

POSTPARTUM COUPLES

BECOMING DAD WORKSHOPS

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MEDIA AND PODCAST FEATURES

The Dismantling You Podcast: Episode 118: Matthew Braman on the Hidden Grief Men Carry Through Fertility, Loss, and Fatherhood

The Mature Male Podcast: Episode 30 - A Different Definition of Manhood (A Therapist Explains): Matthew Braman

Fatherly: This is Why Postpartum Depression in Men is So Underreported

SELF Magazine: 3 Things to Do If You're a Guy Who Has No Idea How to Start Therapy

The Private Practice Startup Podcast: Episode 259 - How to Balance Being a Father, Therapist, and Entrepreneur

SELF Magazine: 7 Therapy Goals That Are Super Specific and Actually Achievable

The Private Practice Startup Podcast: Episode 282 - 3 Ways Therapists in Private Practice Can Modernize Masculinity

The Counseling Podcast: Episode 12 - A Guide to Mental Health for Men with Matthew Braman, LCSW

Therapists Next Door Podcast: Episode 23 - Spelling, Masculinity in Therapy, and Guest Matthew Braman