

Marina Edelman, LMFT

Relationship & Marriage Expert on Money, Trust, Infidelity & Emotional Connection

Practical, compassionate, evidence-informed commentary on the issues that shape modern relationships—from recurring conflict and financial secrecy to betrayal, intimacy, and major life transitions.

- Founder, TrueMe® Counseling
- 20+ Years Clinical Experience
- Gottman Method Level III
- Former Fortune 500 Financial Analyst
- Featured on national and local media
- Host of Marina on Marriage Podcast
- TrueMe® Method



ABOUT

Marina Edelman, LMFT, is a relationship and marriage therapist with more than 20 years of clinical experience and the founder of TrueMe® Method and TrueMe® Counseling. Before entering psychology, she worked as a financial analyst for a Fortune 500 company—giving her a distinctive lens on how money, power, identity, stress, and trust intersect in intimate relationships.

Marina translates complex relationship dynamics and evidence-based therapeutic principles into clear, useful insights for everyday audiences. Her work focuses on helping people understand what is happening beneath conflict—and what creates healthier communication, stronger connection, and more informed relationship decisions.

Media Topics & Story Angles

Money & Relationship Dynamics

Why couples fight about money; spending and saving differences; financial anxiety; wealth, identity, power, and the emotional meaning behind financial conflict.

Marriage & Long-Term Relationships

What helps relationships last: communication, emotional connection, conflict repair, intimacy, shared expectations, and navigating change over time.

Communication, Conflict & Disconnection

Recurring arguments, defensiveness, shutdown, emotional distance, high-conflict patterns, and practical strategies that help couples communicate more effectively.

Intimacy & Emotional Connection

Why couples drift apart, differences in closeness and desire, maintaining connection through stress, and rebuilding emotional and physical intimacy.

Financial Infidelity & Money Secrets

Hidden debt, secret accounts and purchases, broken financial trust, why secrecy develops, and how couples can rebuild transparency and accountability.

Infidelity, Betrayal & Affair Recovery

The impact of betrayal, what happens after disclosure, deciding whether to stay, accountability, forgiveness, and rebuilding trust and intimacy.

Premarital, Divorce & Relationship Crossroads

Conversations to have before marriage, navigating separation or divorce, relationship uncertainty, and making thoughtful decisions during major transitions.

Emotional Well-Being in Relationships

How stress, anxiety, attachment patterns, life transitions, and individual emotional health shape communication, closeness, and relationship stability.

WHAT MARINA BRINGS TO THE CONVERSATION

A rare combination of clinical relationship expertise and a professional background in finance. Marina is comfortable unpacking emotionally complex topics while keeping the conversation grounded, practical, accessible, and useful to a broad audience.

AVAILABLE FOR

TV & Broadcast

Print & Digital Interviews
Podcast Guest Appearances
Panels & Speaking



@Marina.On.Marriage
2400+ followers



Marina Edelman
13000+ followers



Marina Edelman, LMFT
600+ connections | 600+ followers

SELECTED MEDIA

Marina has contributed professional insights to multiple known publications including:
SELF - *Common Reasons for 'Gray Divorce,'*
The Cut - *'I'm Tired of My Mom Being So Cheap'*
HuffPost - *5 Tips for Dealing with a Gopher Co-Parent*

MEDIA INQUIRIES

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