

# Dr. Darcy Sterling



Dr. Darcy Sterling is a licensed clinical social worker and relationship expert whose office, Alternatives Counseling, is based in New York, N.Y. Sterling practices alongside her wife, Stephanie Sterling, in order to aid clients who want more out of life by providing relationship advice on a number of topics. Aside from their work helping individuals and couples, Sterling also hosts workshops focused on psychology and runs a Q&A blog that offers [dating advice](#) for those struggling in their relationships.

Sterling earned her master's in social work from Columbia University in 1996 and a Ph.D in the same subject from New York University in 2006. Since then, the therapist has shared her relationship advice through a number of news outlets, such as *Huffington Post*, *Psychology Today* and *Mind Body Green*. However, Sterling's most recent and talked about contribution

is her role as a relationship coach and dating mentor on E!'s newest reality TV show, *Famously Single*. On the show, she uses her expertise as a psychotherapist and provides insight for the celebrity cast to help them understand how their toxic ways have resulted in failed relationships while teaching them relationship skills to improve their love lives.