Meet the Authors:

**Marjorie Mitlin**

Marjorie Mitlin has worked in the field of mental health for over three decades, treating children, adolescents, and adults in individual, couples, and family therapy. She has a Master’s degree in Social Work from Simmons College School of Social Work and a Bachelor’s degree in Health Education from Northeastern University’s Boston Bouvé College.

Margie works as a social worker in a suburban high school and has a private practice in the Boston area. She has been supervising students in graduate programs in social work and psychology for over twenty-five years. Also, she has facilitated countless psychotherapy groups with adolescents.

Margie finds that a great way to reach out to children, adolescents, and adults is through “game play,” and she has published five therapeutic games through Western Psychological Services’ Creative Therapy Store. Her creative therapeutic work with game play extends to the fun and playful approach that she and Betsy have brought to *Period Peace*.

Margie is married, has two children (who are grown and off doing great things), and lives in the Boston area.

**Betsy Ross**

For the past 20 years, Betsy Ross has been helping individuals, couples and families to fight less, talk more, and improve their ability to solve problems. Betsy’s training in three different specialties: as a licensed psychotherapist, mediator, and as a divorce and transition coach have provided her with a large repertoire of tools to choose from when helping clients to improve their relationship skills, achieve career goals, or transition out of marriage toward a more successful future. Betsy is also a frequent blogger on marriage, divorce, and family related issues at The Patch.

Betsy’s work also includes providing training to master’s level social workers in divorce coaching and collaborative divorce. She particularly enjoys teaching other therapists and counselors how to transfer their clinical talents into effective coaching skills.

When Betsy isn’t working, she is in school at the Boston Graduate School for Psychoanalysis (working slowly but surely on her doctorate degree), in the kitchen cooking up a variety of tasty ethnic cuisines for her husband and children, or in her car driving her children and their friends absolutely everywhere.