

# Step in Time

Relationship therapist and ballroom dancer Deb Castaldo

**D**r. Deb – Debra Castaldo – is pretty much everywhere. You might catch the well-respected relationship therapist at her offices in Midland Park and Englewood, see one of her books at Barnes & Noble, or hear her radio program on rocklandworldradio.com. Or you might read an essay in *More*, get a glimpse of her teaching at Rutgers University, watch her dispensing wisdom on *Good Day New York* or find her...cutting a rug. Yes, Castaldo is also an award-winning ballroom dancer. “My greatest drive in life is to help others with their relationships and life challenges,” says Castaldo, who lives in Englewood. “That’s what’s driven me for 30 years. I started out working with children and was involved in child welfare, abuse and neglect, foster care and adoption. From there, I went into family therapy. Now I do a lot of work with divorce prevention and couples therapy, and still a good deal with children and families.”

— IAN SPELLING

“ I love BERGEN. I’ve had so many opportunities here. I love living in a community and still being close enough to New York. I’ve been able to have the best of everything education-wise, career-wise, entertainment-wise.”

“ I like frequenting local, family-owned places since I’m an entrepreneur myself. I like to go to DANTE’S PLACE in Leonia and to CASSIE’S in Englewood. Over in Midland Park, I like LEGENDS STEAKHOUSE and FAMILY HAIR CARE. I love to shop in Englewood and Ridgewood. I’m at FOX’S a lot. I love to shop in downtown Teaneck, and they have a great movie theater with movies for just a few dollars.”

“ The ballroom dancing seems to be the wild card for everybody. I danced as a child, and I dreamt about it maybe a year and a half ago. One day, I made a wrong turn in the shopping center in Midland Park and ended up in front of the GRAND BALLROOM DANCE STUDIO. They said, ‘Why don’t you try it?’ And I fall in love with it. My teacher then said, ‘Why don’t you try competing?’ I said, ‘You’re crazy.’ But I tried it and did pretty well my first time out. It’s been an addiction ever since.”