



Dr. Chloe

2023 Electronic Press Kit

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Bio

Dr. Chloe Carmichael, PhD, is a clinical psychologist and USA Today bestselling author. She graduated summa cum laude with a BA in Psychology from Columbia University, she then completed her doctorate in Clinical Psychology at Long Island University. Her practice in Manhattan, New York focuses on adults seeking personal or professional goal attainment. Her book, [Nervous Energy: Harness the Power of Your Anxiety](#) (Macmillan, 2021) was endorsed by Deepak Chopra and translated into Mandarin, Turkish, and Russian. She is also a consultant to Baker McKenzie, the third largest law firm in the world. Dr. Chloe's energy and unique approach have led to an amazingly successful practice with documented annual revenue of over \$1 million including speaking engagements, sessions by herself and her staff therapists, and her online programs for consumers as well as for other therapists.

[FULL BIO](#)[DR. CHLOE'S PHOTOS](#)

Services



1

ONLINE THERAPY + COACHING

- Anxiety
- Dating + Relationships
- Stress Management
- Executive Coaching and more..



2

SPEAKING

- Webinars & Seminars
- Live & Virtual Events
- Endorsed by Jim McCann the founder of 1-800-Flowers.

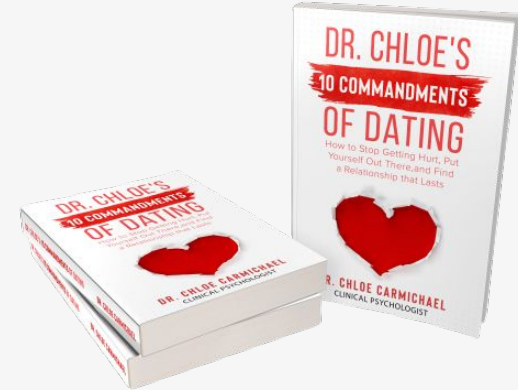
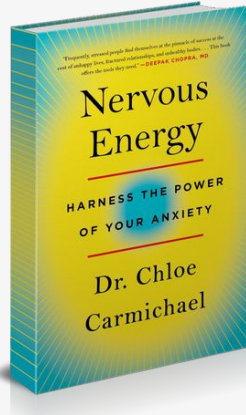


3

CONSULTING

Dr. Chloe is a consultant for Baker McKenzie, the 3rd largest law firm in the world.

Books



NERVOUS ENERGY: HARNESS THE POWER OF YOUR ANXIETY

"If 'high energy' people learnt to harness their energy to go beyond reactive responses to modes of intuition, creativity, and emotional resilience, they would achieve even more. This book offers the tools they need."

Deepak Chopra

DR. CHLOE'S 10 COMMANDMENTS OF DATING

With foreword by New York Times Bestselling author
Brandon Webb

Media: Article Features

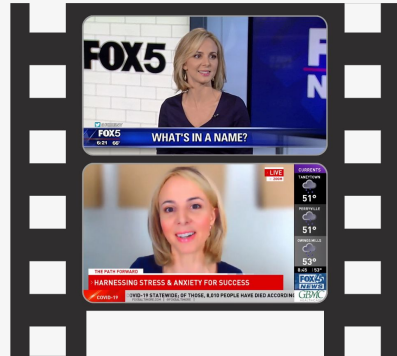


Women's Health

In addition to regularly contributing to articles, Dr. Chloe also sits on the advisory board for Women's Health Magazine.

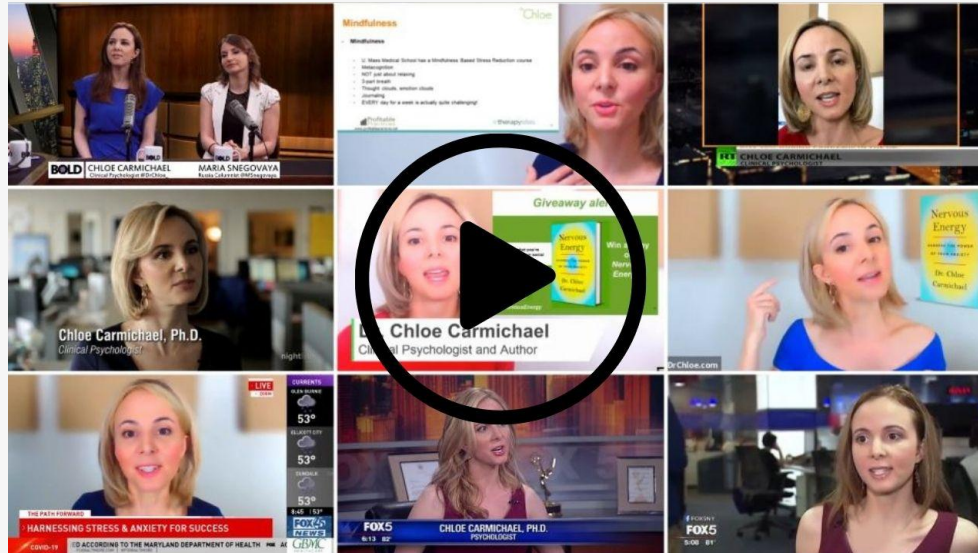
Media: TV Appearances

Dr. Chloe



(Click to watch media reel.)

Speaking



(Click to watch speaking highlight reel.)

Podcasts



Dr. Chloe Carmichael, PhD



Jason Wachob

the mindbodygreen podcast

How To Dispel Anxious Energy



Dr. Chloe Carmichael, PhD



Nike

Trained Podcast

Turn Worry Into Wins



(Click to listen to podcasts.)

Facts



Dr. Chloe's book, [Nervous Energy: Harness the Power of Your Anxiety](#) was endorsed by Deepak Chopra.



Dr. Chloe earned her BA Summa Cum Laude, Phi Beta Kappa, and with departmental honors in Psychology from Columbia University.



Dr. Chloe also earned a Masters and Doctorate in Clinical Psychology with honors from Long Island University, and went on to instruct undergraduate courses there.

Facts



Dr. Chloe's private practice focuses on stress management, relationship issues, self-esteem, and coaching.



Dr. Chloe has held annual workshops on Goal Attainment at Columbia University.



She completed clinical training at Lenox Hill Hospital and Kings County Hospital.



She has published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America.



Dr. Chloe served as adjunct faculty at the City University of New York.



She served as the psychologist for the New York College of Podiatric Medicine.

Facts



Dr. Chloe is a certified yoga teacher, and completed coursework in Buddhism and meditation with Robert Tenzen-Thurman (the first American ever to be ordained as a Monk by the Dalai Lama) and the Mindfulness-Based Stress Reduction designed by the Jon Kabat-Zinn.

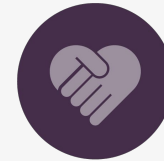
Facts



Dr. Chloe Carmichael trained at Corporate Counseling Associates in Manhattan.



She is a sustaining member and has chaired a committee for the New York Junior League.



Dr. Chloe has provided clinical as well as personal volunteer services to underserved populations including the homeless, veterans with addictions, and poverty-level immigrants.

Contact Information



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For questions, comments, and feedback,

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