



# Dr. Chloe

2021 Electronic Press Kit

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## Bio

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**Dr. Chloe Carmichael, PhD**, is a clinical psychologist practicing in Manhattan, New York City. 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 focuses on adults seeking personal or professional goal attainment; and she is currently under contract with Macmillan Publishers for her book, [Nervous Energy: Harness the Power of Your Anxiety](#). Dr. Chloe's energy and unique approach have led to an amazingly successful practice with documented annual revenue of over \$1 million including her own sessions, sessions by her staff therapists, and her online programs for consumers as well as for other therapists who wish to learn about her techniques.

## Facts



Dr. Chloe is currently writing a book for Macmillan on the subject of therapy for high-functioning clients.



She graduated Summa Cum Laude with a BA in psychology from Columbia University.



She also earned a doctorate in Clinical Psychology 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.

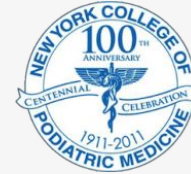


She has published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America.

## Facts



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.



She completed coursework in Buddhism and meditation with Robert Tenzen-Thurman (the first American ever to be ordained as a Monk by the Dailai Lama) and the Mindfulness-Based Stress Reduction designed by the Jon Kabat-Zinn.

## Facts



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



She is a certified yoga instructor.



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



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

## Services



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### THERAPY FOR

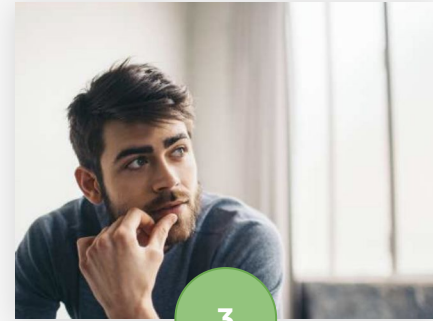
- Anxiety
- Depression
- Phobias
- Self Esteem



2

### COACHING

- Dating + Relationships
- Stress Management
- Anger Management
- Executive Coaching

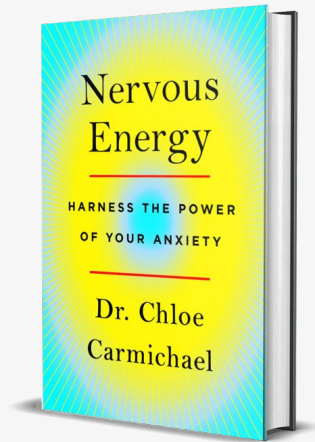


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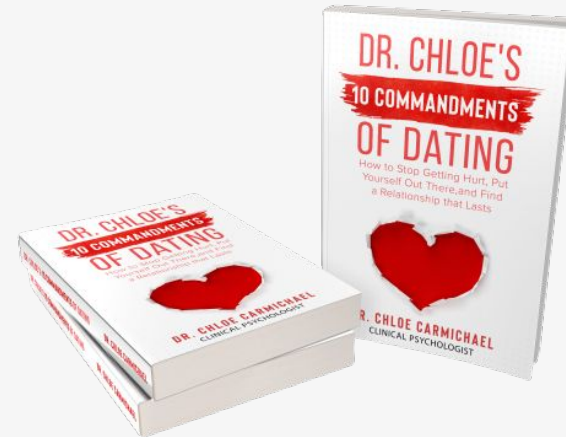
### AND MORE...

- Referrals
- Consultation
- Webinars and Seminars
- Speaking Engagements

## Books



[NERVOUS ENERGY: HARNESS  
THE POWER OF YOUR ANXIETY](#)



[DR. CHLOE'S 10  
COMMANDMENTS OF DATING](#)



## Products

**DR. CHLOE'S  
INSIDER CLUB**

**ANXIETY TOOLS**

**ANXIETY TOOLS  
PRO**

**PRACTICE  
BUILDING FOR  
CLINICIANS**

## Media: Article Features



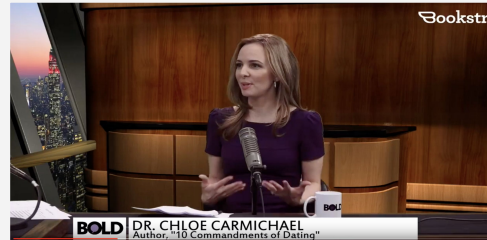
# Women's Health

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

## Media: TV Appearances



## Media: TV Appearances



## Media: TV Appearances





## Media: TV Appearances



## Contact Information



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