



Dr. **Chloe**

2016 Electronic Press Kit

Bio Facts Media Services Contact





Dr. Chloe Carmichael holds a doctorate in Clinical Psychology from Long Island University. Her private practice focuses on stress management, relationship issues, self esteem, and coaching. Dr. Carmichael sees clients in her Manhattan office or via Skype.

About Dr. Chloe Carmichael, Ph.D.

C **HLOE CARMICHAEL, PH.D.** is a licensed clinical psychologist, known as Dr. Chloe, who heads a successful private practice with multiple offices in New York City that focuses primarily on relationship issues and stress management as well as career coaching. Serving more than 1,000 patients in Manhattan, Carmichael leverages technology with psychology to expand her counseling services across the country through online private and group sessions.

Carmichael is a member in good standing of the **American Psychological Association** and the **National Register of Health Psychologists**, an elite membership for psychologists with the highest standards of education and board scores. She is an expert in anxiety, and has taught stress management techniques at Fortune 500 companies as well as in her own private practice. While a doctoral student, Carmichael presented a poster at the Anxiety Disorder Association of America, and continues to be a thought leader in anxiety treatment today. She launched an online anxiety treatment program,

AnxietyTools.com, which has users throughout the United States and around the world including Japan, Dubai, U.A.E., Korea, France and Russia. As a certified yoga instructor, Carmichael is truly an expert in both the science and meditation side to anxiety treatment. Her holistic approach integrates a special blend of techniques that has been shown to help people overcome anxiety. The overwhelming demand for Carmichael's treatment services has led to an exponential growth of her practice, and fueled the development of popular online tools.

Carmichael holds a master's degree and Ph.D. in clinical psychology from **Long Island University** and graduated Phi Beta Kappa, summa cum laude, with a bachelor's degree and departmental honors in psychology from **Columbia University** in New York. She completed her clinical training at Lenox Hill Hospital and Kings County Hospital. Carmichael continues to teach undergraduate courses at Long Island University and serves as adjunct faculty at the City University of New York.

Dr. Chloe Carmichael Fact Sheet

- Dr. Chloe Carmichael was born in Holland, Michigan.
- Dr. Chloe is married to Jim Peet, of Tangent Capital Partners.
- Graduated Summa Cum Laude with a BA in psychology from Columbia University
- Doctorate in Clinical Psychology from Long Island University
- Focuses on stress management, relationship issues, self-esteem, and coaching
- Completed clinical training at Lenox Hill Hospital and Kings County Hospital
- Recently held 3rd annual 3-week workshop on Goal Attainment at Columbia University
- Published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America.
- Instructed undergraduate courses at Long Island University
- Served as adjunct faculty at the City University of New York
- Certified yoga instructor
- Completed coursework in Buddhism and meditation with Robert Tenzen-Thurman and Mindfulness-Based Stress Reduction designed by the Jon Kabat-Zinn
- Named as the psychologist for the New York College of Podiatric Medicine
- Worked at Corporate Counseling Associates in Manhattan
- TV appearances on VH1's Love & Hip Hop NY and Inside Edition
- Media appearances in Men's Health magazine, Dr. Oz's website and other top medical and consumer mediums
- Active member and co-chair of a committee for the New York Junior League
- Provides clinical as well as personal volunteer services to under-served populations including the homeless, veterans with addictions, and poverty-level immigrants

Press + Appearances



Dr. Chloe
on Anger
Management

Inside Edition,
January 2014



Dr. Chloe
on Anger
Management

Inside Edition,
February 2014



Dr. Chloe on
Relationships

VH1's Love and
Hip Hop New
York, Month Year



Dr. Chloe on
Holiday Stress

FOX5,
December 2014



Dr. Chloe on The
Ebola Outbreak

ABC7
July 2014



Dr. Chloe on
Fertility and
Stress

WTNH New8

Dr. Chloe Carmichael's TV Appearance Reel

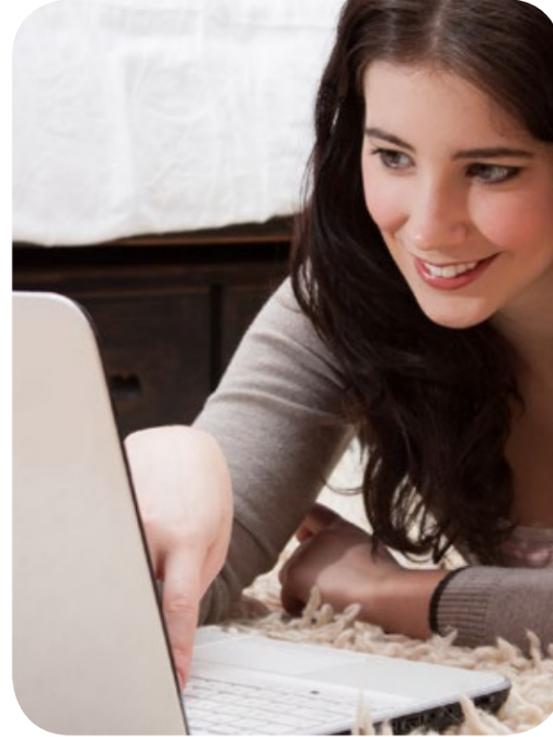
[Click Here](#) to view the video





THERAPY FOR

- Anxiety
- Depression
- Phobias
- Self Esteem



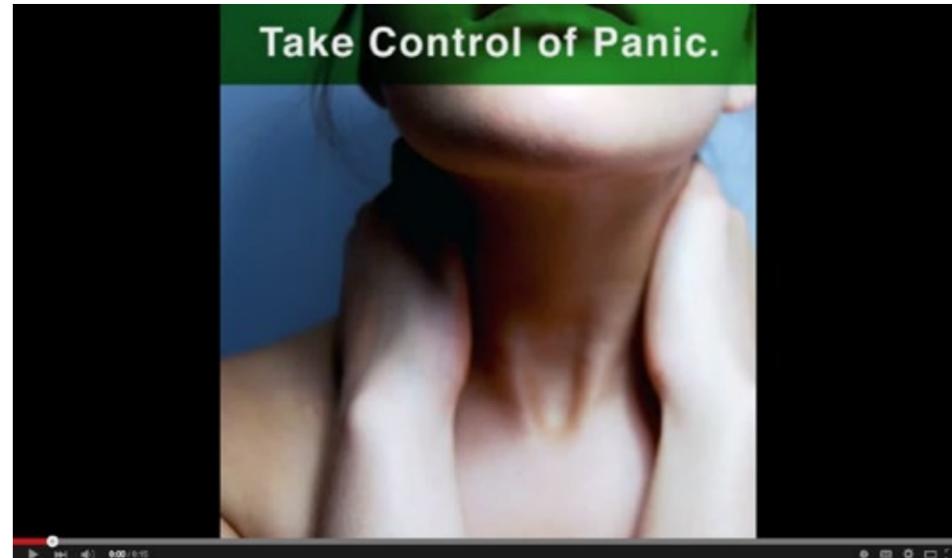
COACHING IN

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



AND MORE...

- Referrals
- Consultation
- Webinars and Seminars
- Speaking Engagements



Anxiety + Stress

Anxiety Disorders are very common in America. Dr. Chloe sees many people who have a variety of different types of anxiety including generalized anxiety disorders, social anxiety, panic disorders, phobias and obsessive-compulsive disorders.

The symptoms for each type of anxiety disorder are different but they may include overwhelming fears and debilitating dread. Anxiety disorders affect all aspects of a person's life. Dr. Chloe sees many people who have a variety of different types of anxiety including generalized anxiety disorders, social anxiety, panic disorders, phobias and obsessive-compulsive disorders. Dr. Chloe offers therapy for anxiety by Skype or in her office in Manhattan.

[Check out Dr. Chloe's Online Anxiety Management Tools](#)



[Ellevate.com Jam Session](#) — The Secret to Goal Attainment

Dr. Chloe Carmichael is a clinical psychologist who specializes in goal attainment helping clients to harness emotions and move forward in their goals.

In this Jam Session, Dr. Chloe challenges you to arrive with a to-do list of 3 things that you would like to accomplish, whether big goals or small, pesky items that keep bringing out procrastination.

We will explore how to harness emotions so that they give us energy, fulfillment, and connection with goals, as well as the objectives to complete them.

[Anxiety.org's Break-Up Survival Guide](#)

Can't breathe, can't sleep, can't even think about ever laughing again—you know the feeling. When a relationship falls apart, it can feel like your world is falling apart with it. A break up can take an otherwise perfectly sane, happy person and turn them into a sad, quivering mess. In my practice, I see a lot of these transformations. I get at least several new clients every week who are so traumatized by a difficult break up that they have decided to seek therapy for the first time. [read more...]

Contact Information

[Request More Info](#)

[E-mail Dr. Chloe](#)

For more free resources and psychology information, be sure to check out DrChloe.com

If you enjoyed this webinar on anxiety management, but feel you need more personal coaching, [contact Dr. Chloe](#) today.

Tweet at [@DrChloe](#)

For questions, comments, and feedback, e-mail info@drchloe.com



Design and Art Direction for this electronic press kit was provided by [Caitlin Burns](#)