

Louise B. Miller, Ph.D.



Hi,

My name is Louise. I have a BA in psychology from Harvard University, an MA in psychology from Pepperdine University, and a Ph.D. from Saybrook University in Mind-Body Medicine with a specialization in Integrative Mental Health. I taught psychology at the college level for six years. I take a holistic approach to mental health and integrate it with traditional treatment modalities. I am the author of Psychological First Aid: Removing the Stigma and Reframing the Way We Think About Mental Health, Friends with Benefits—Never Underestimate the Power of a Cold Nose, and Wings Up—You Got This.

