

Dr. Beth Halbert (DrBeth)
Psychologist, Parent/Teen Coach, Speaker, Author,
Consultant, Facilitator

Creating Fun, Authentic Family Connections Through
Compassion, Love and Playfulness

Empowering Managers and Employees to Excel
Through Communication and Teamwork

Ensuring "Win-Win-Win" Relationships Inside and Out
for Teens, Parents and Professionals

About DrBeth

Dr. Beth Halbert, a.k.a. DrBeth, is a licensed clinical psychologist specializing in "teenage" behavior in children, teens and adults. Called "America's Teenologist," DrBeth has worked with thousands of families to create stronger parent-teen bonds. She is also a facilitator, consultant, coach and keynote speaker in the corporate world, helping leaders and employees improve their communication and creating greater workplace satisfaction and productivity.

As a psychologist, coach, educator, songwriter and founder/CEO of DrBeth's Compassionate Parenting, DrBeth brings warmth, passion and playfulness to every aspect of her work. Using a whole-systems approach to her work--addressing the physical, emotional and intellectual aspects of family and "inner family" dynamics--she helps create healthy, joyful, sustainable relationships that are filled with compassion, love and "fun-fulness."

DrBeth is masterful at getting all human interactions back to love, back to helping everyone get their needs met, back to "win-win-win or no-deal" relationships. She helps everyone--from defiant, strong-willed teens to anxious, overwhelmed parents to demanding, burned-out top leaders--feel safe and communicate openly, share their feelings and stand in their authentic power.

Working with professionals in companies, she offers ideas and practices to help them reverse dysfunctional workplace and relationship patterns, how to create new avenues for internal and external motivation, how to shift any fear into an opportunity that can be transformed, and how to set focused, attainable objectives--all while having fun in the process, believe it or not!



DrBeth's Credentials

Some of DrBeth's credentials and accomplishments:

- Licensed child and family psychologist with 20-plus-year clinical practice in the San Francisco Bay Area
- Extensive experience working with thousands of families, parents, teens and children
- National speaker, facilitator and educator delivering life-changing and family-saving parenting programs
- Keynote speaker, facilitator, coach and consultant for thousands of US companies
- Author of parenting books, reports, articles and newsletters
- Host of a television show ("Bridging the Parenting Gap") and radio show ("Ask DrBeth")
- B.S. and Psy.D. in Clinical Psychology, Masters of Education in Human Resource Development and Adult Education
- Published dissertation: Secure attachment is the key to healthy emotional development
- Producer, singer and songwriter of children's music; creator of two children's CDs
- Participant in charity events, concerts and fundraising for children's organizations

DrBeth Quote

"My philosophy of transformation begins with emotional awareness. When we get in touch with our emotions and the impact they have on us, we can make a conscious choice to create new possibilities in our lives. By remembering experientially and emotionally what it was like as a child, we can create new choices that are in alignment with who we are so we can create the vision we want for ourselves and our families."

A lyric from one of DrBeth's original songs: "Feel those feelings and name them out, name them out, so you don't act them out (on somebody's head)."

DrBeth's Mission

DrBeth helps prevent teen suicide, violence and child trafficking through education and entertainment by cultivating more self-compassion, self-love and playfulness in their family relationships.

She helps save family relationships by empowering parents and teens to thrive and reach their leadership potential with these new world changes.

She is also dedicated to building strong communication and teamwork by bridging the management/employee gap in companies as a way to boost satisfaction and productivity in the new Millennial/Boomer workplace.

Her company, DrBeth's Compassionate Parenting, is committed to creating sustainable social change and support people to become the "inner parents" and leaders they want to be.

DrBeth's Training and Speaking Topics

DrBeth develops and delivers training programs and keynote addresses at schools, conferences, seminars, events and companies around the United States. Among her signature training programs and keynote talks:

Parent/Teen Topics

Tween: Preparing for the Teen Years --- DrBeth offers specific tools and techniques for developing strong relationships and clear channels of communication between parents and children, and encourages personal accountability and responsibility for everyone's actions.

Countdown: Launching Your Child for Success --- Many people have difficulty accepting change and unconsciously sabotage themselves in resistance. DrBeth teaches families how to accept and embrace change with effective tools that give children a strong sense of who they are, where they want to go and how to get there. Just ask them!

Stepping Into Teen Greatness --- DrBeth encourages teens to accept themselves as they are and helps them explore options such as speaking in public, entertainment careers, starting their own business, managing money and becoming future world leaders.

Bridging the Parent-Teen Gap --- DrBeth shows parents and teens how to bridge the communication gap and build trust with everyone choosing exactly who they are. She uses compassion, love and playfulness to demonstrate skills for effective listening that encourages open conversation and develops healthy relationships throughout life---and ensures that parents will ultimately hang out with their grandchildren!

DrBeth's Clients

In addition to working with countless families as a psychologist and coach, DrBeth has worked as a facilitator and keynote speaker for many Fortune 500 companies as well as numerous family-owned businesses. Some of the companies she has served include the following:



Business/Corporate Topics

Parents and Business: How to Build a Supportive Environment for High Performance --- DrBeth shows parents/leaders how to take care of themselves and improve the communication with their teens and their employees. By transforming their family life and work performance, parents/leaders can help their families and their organizations be more successful.

Increase Profitability by Reducing Stress --- Stress within a business team is common and often based on how team members interact. DrBeth offers this interactive "playshop"---based on her many years of experience working with businesses, parents and teens---that teaches teams how to take the stress out of business relationships and create win-win-win situations.

End the Sabotage --- Change is normal in business and life, but many employees have difficulty accepting the changes and are often unconsciously sabotaging themselves and their work. In this "playshop," DrBeth teaches employees and managers to accept and embrace change in themselves and transform self-sabotaging stories.

Bridging the Management/Employee Communication Gap --- In business, conflicts and lack of communication between people can result in poor performance, low productivity and a hostile work environment. Using tools from her work with parents and teens, DrBeth shows managers and employees how to communicate effectively as a way to build strong, successful, loyal teams.

DrBeth's Parenting Products and Programs

As an educator who entertains, DrBeth brings a multi-modal approach to learning that creates openings for new insights and experiences for her clients and participants. She offers parenting and teen courses, business courses, personal development courses, parenting groups and communities, music for parents and children, books and articles, quizzes and assessments.

Among DrBeth's signature parenting courses and offerings:

Parenting 911 --- This course shows parents how to address their litany of challenges in high-conflict crisis situations. It shows you how to find your power without having "power over" someone else, thus reducing rebellion. It helps produce win-win results for you and your children. Everyone feels safe, shows up as themselves, is heard and appreciated, and gets their needs met.

Power Hour --- These weekly calls are for parents, teens and young adults in which DrBeth offers coaching and training on how to preventatively create healthy win-win relationships between yourself and your children as they grow into and through the teen years. She shares tools and practices on how you can feel safe, communicate openly with each other, and actually have fun in the process!

Own Your Parenting Story --- This course helps participants identify the internal and external "parenting" stories that keep you stuck in any area of your life, with or without children. It helps you eliminate destructive patterns and "hot buttons" that cause overreaction and emotional triggers, transforming your stories into ones that bring you more joy, love, self-confidence, enthusiasm and abundance in life!

Embracing Defiance --- This course teaches parents the cost of compliant, doormat behaviors and the actual benefits of defiant behavior---gaining tools to embrace it rather than resist it. It offers practical processes to express your unique voice and navigate the emotional challenges we all face, while creating transformation through compassion, understanding, playfulness and love of what is in every moment.

Do-It-Yourself 10 Keys to Compassion --- This course helps you tap into your self-compassion and unleash your "inner teen." You'll fall in love with yourself exactly as you are, your word will begin to mirror your inner peace, and your passion, purpose and self-expression will be on full display and manifest into the life you most want to consciously create for yourself!



DrBeth's Book and Award



Embracing Defiance: Helping Your Child Express Their Unique Voice While Keeping Your Sanity

DrBeth's book is a step-by-step playbook showing parents how to embrace what they naturally want to rebel by uncovering the hidden benefits of defiance, identifying where defiance originates, and what both parents and teens can do about it.

The book was honored with the Gold Excellence Seal of Approval by The Mom's Choice Awards® (MCA) evaluation panel. The MCA program is globally recognized for establishing the benchmark of excellence in family-friendly media, products and services created for children, family and educators.

An esteemed panel of judges for this award included:

- Dr. Twila C. Liggett, ten-time Emmy-winner, professor, founder of PBS's Reading Rainbow
- LeAnn Thieman, motivational speaker, co-author of seven Chicken Soup For The Soul books
- Julie Aigner-Clark, creator of Baby Einstein and The Safe Side Project
- Jodee Blanco, New York Times best-selling author

Media Coverage

Over the years, DrBeth has been featured on more than 200 nationally syndicated television, radio, newspaper and magazine outlets. Among them:



Testimonials

"What IS it about DrBeth that is so engaging? Is it her infectious laugh, the feeling that the wonder-filled child is so very close to the surface? Maybe it's the vision of love and compassion for all parents and all children; this vision that she lives and breathes, balanced with rock-solid professional credentials and a deeply committed personal practice of self-growth and authenticity." --- Dr. Jasmine Samrad, JSD, CLC, CWC, President of HelpingTheHelper.com

"DrBeth's energy and enthusiasm is contagious, and she is an inspiration to teens and parents everywhere. She offers terrific lessons for courage about being open and honest with your feelings, and opens the door for more and improved communication between adults and teens. Dr. Beth is paving the way to a brighter tomorrow!" --- Michelle Fuller, Parent, Educator and Business Consultant

"DrBeth's energy and enthusiasm is contagious! Listening to her and seeing her connect with children makes you realize she has the potential to really make a difference in relationships between parents and children. Just what this weary old world needs right now!" --- Carolyn Warren, Mother

"DrBeth inspired and taught our sales team how to take the time to WOW the customers! She created an eye-opening experience to the small things that have made a big impact overall with the management team and the staff. Our CSI is consistently eight points higher than when she started." --- Rich Fox, General Manager, Roseville Volkswagen

"Working with DrBeth, I was able to calmly set boundaries and still be a caring and nurturing parent. In a matter of weeks, my son is more upbeat and positive than I have seen him in over a year!" --- Linda Sturdivant, Master Coach and Speaker

"As a colleague, DrBeth holds the possibility of greatness for herself and others like no one else I know. She is truly an inspiration!" --- John Kinyon, Trainer, Center for Nonviolent Communication

"DrBeth makes us all better people. Her messages inspire us to become better people and better parents, grandparents, partners and children. Her infectious enthusiasm is so contagious I hope the entire planet gets the DrBeth bug!" --- Dale Rosenfeldt, Author, Artist, Consultant, Parent, Grandparent

Contact DrBeth

For speaking engagements, media interviews, sponsorship opportunities and other inquiries, please reach out to DrBeth at DrBeth@DrBeth.com or at (925) 403-4113.

For more information on DrBeth's products, courses, services and events, visit DrBeth.com.