

# Beth Halbert, PsyD

## AMERICA'S "TEENOLOGIST"

### 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. Her clinical focus has been in the area of secure attachment through healthy emotional development.

As a coach, educator, speaker, author and founder/CEO of DrBeth's Compassionate Parenting, DrBeth brings warmth, passion and playfulness to every aspect of her products, services and programs. 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 filled with compassion, warmth, love, self-expression and playfulness.

DrBeth understands why teens think and act the way they do, and supports them to talk about their emotions and behaviors instead of acting them out. She also works with parents to accept themselves exactly as they are, and shows them how to accept their children exactly as they are. She helps ensure that teens and parents feel safe with each other, communicate openly and positively, and stand in their authentic power.

DrBeth takes a unique approach to helping both teens and parents overcome the difficulties of adolescence. She is masterful at getting teen-parent interactions back to love, back to helping them get their needs met, back to "win-win-win or no-deal" relationships.



"What IS it about Dr. Beth 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,  
HelpingTheHelper.com*

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## DrBeth's Parenting Programs

As an educator who entertains, DrBeth brings a multi-modal approach to learning that creates openings for new insights and experiences for teens and parents. Among her parenting programs are:

**Parenting 911** – This course shows you as a parent how to address your litany of challenges in high-conflict crisis situations, so that you and your children can show up as yourselves, be heard and appreciated, and gets your needs met.

**Power Hour** – On these weekly calls for parents, teens and young adults, you'll learn tools and practices on how you can communicate openly with others, have healthy win-win relationships and actually have fun in the process!

**Own Your Parenting Story** – This course 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!

**Embracing Defiance** – This course 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.

**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 and your passion, purpose and self-expression will be on full display!

## Contact DrBeth

For more information on DrBeth's products, services, programs and events, visit [DrBeth.com](http://DrBeth.com) For speaking engagements, media interviews, sponsorship opportunities and other inquiries, contact DrBeth at [DrBeth@DrBeth.com](mailto:DrBeth@DrBeth.com) or at (925) 403-4113.

## DrBeth's Training and Speaking Topics

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

**Embracing Defiance** – DrBeth explains the benefits of defiant thoughts and feelings and how expressing one's unique voice is crucial for our healthy psychological and emotional development and our relationships. She offers personal stories and practical tools to help people navigate the emotional challenges we all face – without "acting them out."

**Bridging the Parent-Teen Gap** – DrBeth shows parents and teens how to bridge the communication gap by having open conversations, building trust with each other and accepting themselves/others exactly as they are. In doing so, both sides learn how to "say it and hear it" instead of "blame it and shame it."

**Stepping into Teen Greatness** – DrBeth encourages teens to accept themselves as they are, understand how it feels to be an adult and how to gain more freedom and trust from their parents. She helps teens explore options such as speaking in public, entertainment careers, starting their own business, managing money and becoming future world leaders.

**Tween: Preparing for the Teen Years** – DrBeth shows parents and pre-teens how to develop strong relationships and clear channels of communication by sharing courageous playful thoughts, taking personal accountability and responsibility, and honoring differences in communication early so it doesn't feel like a shock when children get older.

**Countdown: Launching Your Child for Success** – 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. She helps families bring to light authentic feelings and create agreements and plans so everyone experiences safety, fun and success in life.