



America's Teenologist

**Helping Parents, Teens, and Professionals Thrive
with Compassion, Communication, and Playfulness**

**"From Crisis to Connection —
Coaching Families, Teams, and Leaders with Love."**

CREREDENTIALS

- B.S. and Psy.D. in Clinical Psychology; M.Ed. in HR Development & Adult Education
- Author of 30+ books including parenting guides, children's storybooks, songbooks, and emotional development coloring books
- Host of Bridging the Parenting Gap (TV) and Ask DrBeth (radio & online)
- Corporate speaker and consultant for thousands of professionals
- Songwriter/producer of 2 children's CDs featuring the 10 Keys to Compassion
- Creator of transformational programs like Reclaim Your Sanity and Parenting 911

Dr. Beth Halbert, known as "DrBeth" and widely referred to as America's Teenologist, specializes in helping families and professionals navigate challenging communication dynamics. She has supported thousands of families in building stronger parent-teen bonds, and brings her same blend of warmth, passion, and playfulness to corporate leaders and their teams.

As a clinical psychologist, educator, coach, and songwriter, DrBeth brings a whole-systems approach to emotional transformation, drawing on her Inner Family Zoo framework to guide clients toward joy, authenticity, and sustainable change.

DrBeth is committed to creating "win-win-win or no-deal" relationships—where everyone's needs are met with compassion, communication, and play.



"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."

DrBeth

*"Feel those feelings and name them out, so
you don't act them out (on somebody's head)."*
- DrBeth Song Lyric

SIGNATURE SPEAKING & TRAINING TOPICS

For Professionals:

Compassionate Communication for Leaders Who Are Parents

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.

Reduce Stress, Increase Profits

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: Embracing Change in the Workplace

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 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.

For Families

Reclaim Your Sanity: Parenting with Inner Peace

DrBeth presents ways parents can reconnect with their personal power, understand and heal their “inner family,” and craft new stories for themselves to help transform their relationships and consciously create the life they most want.

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!

Embracing Teen Greatness, Even When It’s Messy

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!



PRODUCTS, PROGRAMS & COURSES

Products

- Embracing Defiance - Sanity-Saving Parenting Guide
- 10 Keys to Compassion Songbook - Emotional Intelligence in Music
- Coloring Books for Parents & Children + Companion Posters
- 12 Inner Family Journals - Monthly Emotional Healing Series
- 13 Children's Storybooks - Emotional Growth for All Ages

Now available on Lulu.com in print + digital.
Coming soon to DrBeth.com with bundled workshop packages.



MISSION

DrBeth's mission is to:

- Empower parents, teens, and professionals to communicate and connect with compassion and clarity
- Heal the emotional disconnect between generations, teams, and leaders
- Prevent teen suicide, violence, and trafficking through education and entertainment

Signature Programs

Reclaim Your Sanity - Own Your Story & Transform Your Life 6 Month Program & Deep Dive Weekend Intensive - Helps participants identify and break free from old stories that no longer serve them; understand and heal each emotional part of themselves; reconnect with their personal power so they can start thriving; and transform their relationships with their children, loved ones and themselves. This program is offered as either a six-month program or as a six-week "mini deep dive."

Parenting 911 Course - Shows parents how to address their challenges in high-conflict crisis situations and how to find their power without having "power over" someone else, thus reducing rebellion. It helps produce win-win results for parents and their children—where everyone feels safe, shows up as themselves, is heard and appreciated, and gets their needs met.

Embracing Defiance Parenting Study 52-week 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 one's unique voice and navigate the emotional challenges we all face, while creating transformation through compassion, understanding, playfulness and love.

Power Hour Group Calls:

- Reclaim Your Sanity Power Hours
- Family Power Hours for parents and teens
- Coach the Pros Power Hours for coaches, educators and other professionals
- Success-Driven Women Power Hours for women business leaders and employees
- Church & Healthcare Power Hours (Coming Soon)



MEDIA, CLIENTS & CONTACT

Media Spotlight

DrBeth has been featured in over 200 nationally syndicated media outlets, including TV, radio, newspapers, and magazines.

 DIGITAL JOURNAL

 Boston Herald



 Daily Herald

 FOX



DrBeth Shows Include:

- Bridging the Parenting Gap (TV Show)
- Ask DrBeth (Radio Show & Podcast)

Community & Charity

DrBeth has participated in numerous charity concerts and fundraising events to support children's organizations and family well-being initiatives. DrBeth also offers a "Double Your Donation" feature on her website to provide services and products to churches, schools and family members who need help but struggle to pay for these services.

Academic Publication

Published Dissertation: Secure Attachment is the Key to Healthy Emotional Development

Corporate Clients

In addition to working with thousands of families, DrBeth has delivered talks, trainings, and consulting to numerous Fortune 500 companies and family-owned businesses.



Volkswagen



Testimonials

"DrBeth's enthusiasm is contagious and transformative." – Michelle Fuller, Educator

"She helped our sales team WOW customers."
– Rich Fox, GM, Roseville VW

"She holds greatness for herself and others like no one I know." – John Kinyon, NVC Trainer

"The planet needs the DrBeth bug!"
– Dale Rosenfeldt, Consultant & Parent

Contact & Booking

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For speaking engagements, media interviews, or licensing opportunities, contact DrBeth or visit her website.