

Dr. Chloe

2026 Electronic Press Kit

ABOUT ME FACTS SERVICES PRODUCTS MEDIA CONTACT

228 Park Ave S, Suite 31351, New York, New York 10003 | (212) 729-3922 | www.drchloe.com | press@drchloe.com

Bio

Dr. Chloe Carmichael, PhD, is a clinical psychologist and USA Today bestselling author. She graduated summa cum laude with a BA in Psychology from Columbia University, she then completed her doctorate in Clinical Psychology at Long Island University. Her practice in Manhattan, New York focuses on adults seeking personal or professional goal attainment. Her book, Nervous Energy: Harness the Power of Your Anxiety (Macmillan, 2021) was endorsed by Deepak Chopra and published in English, Russian, Traditional Chinese, Simplified Chinese, and Turkish. Her new book, Can I Say That? Why Free Speech Matters and How to Use It Fearlessly explains how to unlock the mental health benefits of free speech. The book has been endorsed by Dr. Drew, Dr. Daniel Amen, Patrick Bet-David, Michele Tafoya, and more. Dr. Chloe presents onsite and virtual workshops, equipping individuals and organizations with evidence-based strategies to strengthen personal and professional development. She is also a consultant to Baker McKenzie, the third largest law firm in the world. Dr. Chloe's energy and unique approach have led to an amazingly successful practice with documented annual revenue of over $1 million including speaking engagements, sessions by herself and her staff therapists, and her online programs for consumers as well as for other therapists.

FULL BIO **DR. CHLOE'S PHOTOS**

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Services



1

COACHING

- Anxiety
- Dating + Relationships
- Stress Management
- Executive Coaching and more..



2

SPEAKING

- Webinars & Seminars
- Live & Virtual Events
- Endorsed by Jim McCann the founder of 1-800-Flowers.



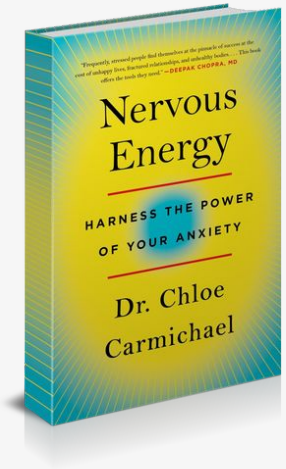
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CONSULTING

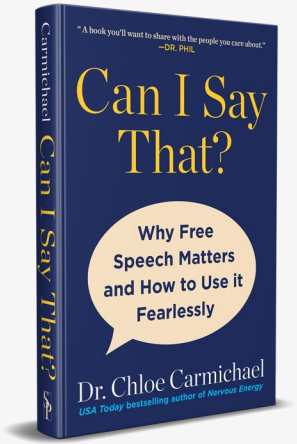
Dr. Chloe is a consultant for Baker McKenzie, the 3rd largest law firm in the world.

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Books



USA TODAY Bestselling Author



NERVOUS ENERGY: HARNESS THE POWER OF YOUR ANXIETY

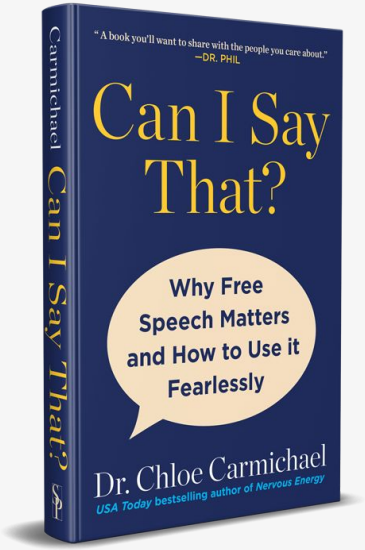
Published in English, Russian, Traditional Chinese, Simplified Chinese, and Turkish

CAN I SAY THAT?: WHY FREE SPEECH MATTERS AND HOW TO USE IT FEARLESSLY

Speak freely—it's good for you!

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Can I Say That?



LEARN MORE ABOUT THE BOOK

*"I highly recommend **Can I Say That?**. The book is packed with knowledge and actionable tools that will help you to speak courageously, stay grounded, and build stronger relationships. You'll want more than one copy—because it's the kind of book you'll want to share with the people you care about."*

- Dr. Phil McGraw

Host of Dr. Phil Primetime and New York Times bestselling author

"I'm a big proponent of free speech and this book can give you tools to take advantage of your first amendment."

- Patrick Bet-David

The Wall Street Journal bestselling author of Your Next Five Moves, founder of Valuetainment

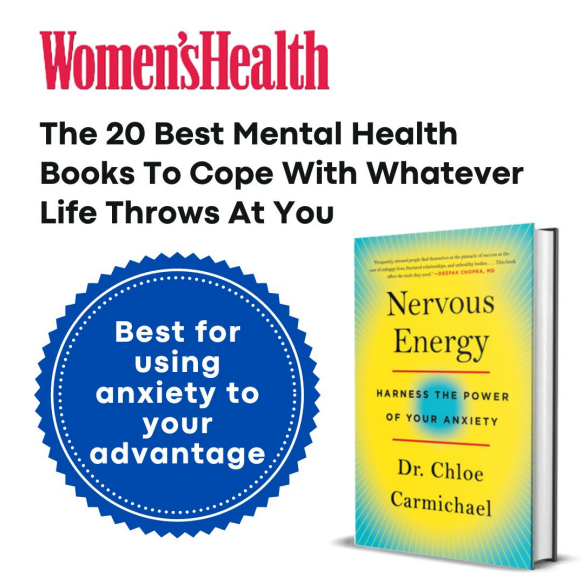
"Dr. Chloe points out that words are not violence but they are the fundamental instruments of the mental health professional and there must be liberty in their use."

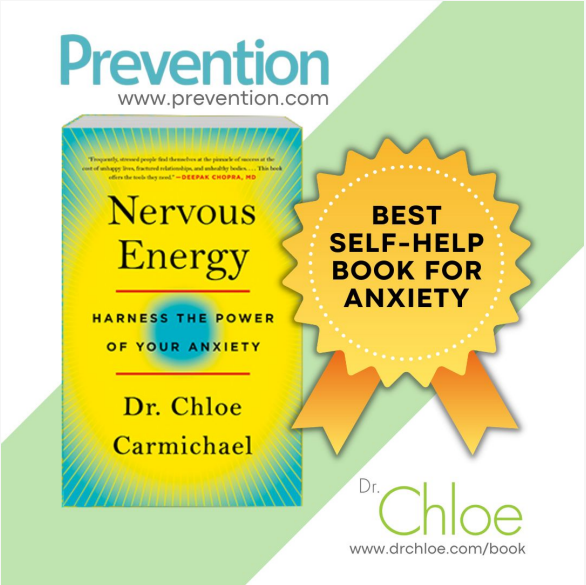
- Dr. Drew Pinsky

Board-certified physician, host of Ask Dr. Drew, and renowned medical broadcaster

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Nervous Energy





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Media: Article Features

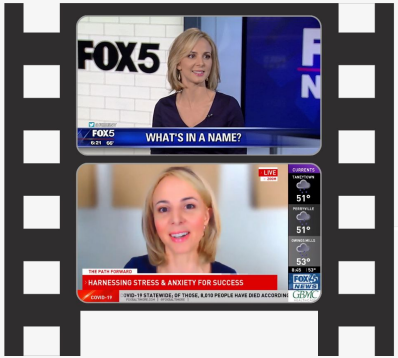


Women's Health

In addition to regularly contributing to articles, Dr. Chloe also sits on the advisory board for Women's Health Magazine.

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Media: TV Appearances



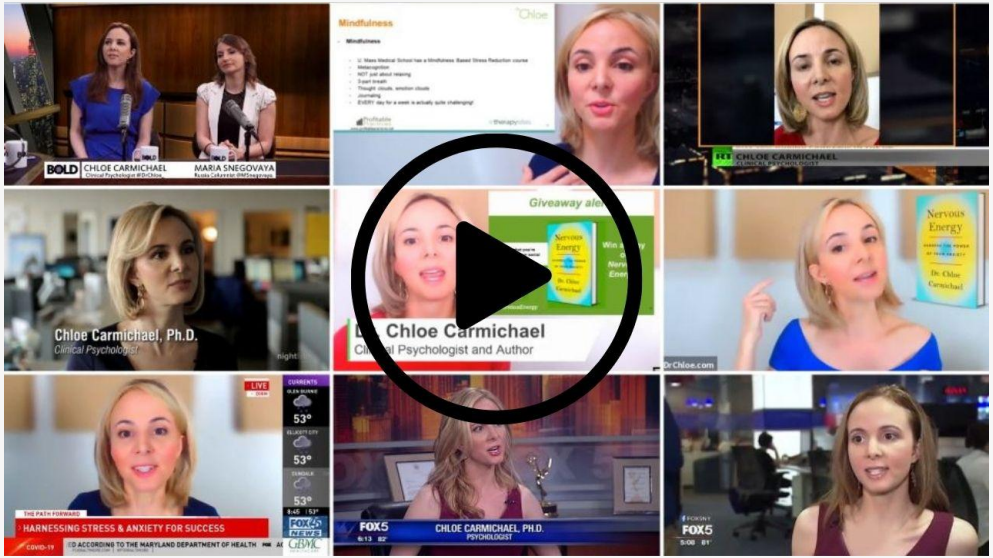




(Click to watch media reel.)

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Speaking



(Click to watch speaking highlight reel.)

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Speaking Testimonials

*"**Dr. Chloe was phenomenal!** The talk provided tools we can apply in our everyday lives. Dr. Chloe created a safe environment where colleagues felt like they could ask questions without hesitation. Everyone enjoyed the discussion and we would bring her back again in the future!"*

- Lori Ann LaRocco
Sr. Editor of Guests, CNBC Business News, Breaking News/Booking, and Global Supply Chain Reporter

*"She has done online and in-person presentations for our people across North America, and the feedback has been extremely positive. Her approach is **warm and compassionate yet highly practical**."*

- Scott Brandman
Managing Partner,
Baker McKenzie

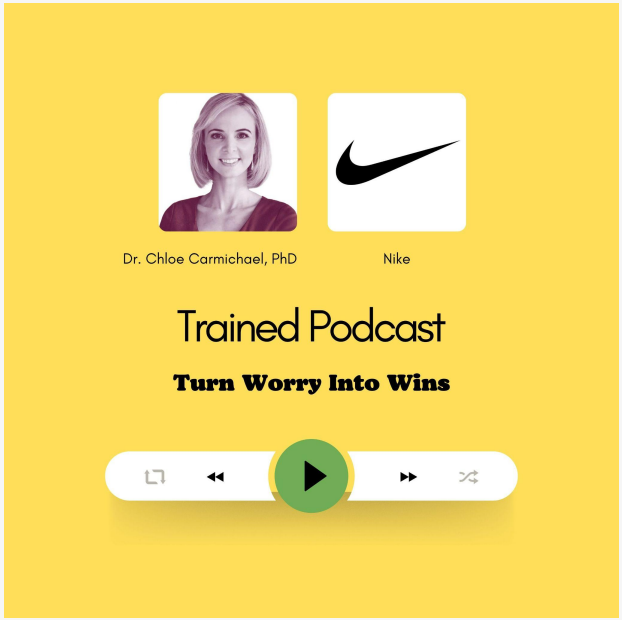
*"I saw a lot of head nodding and affirmation from students around the points you were making as you went through your presentation. The timing for **your message was perfect** and I think it aligns perfectly with where the students are as they start their second year."*

- Russ Morgan
Senior Associate Dean,
Full-Time Programs Professor of the Practice of Marketing,
Duke University - Fuqua School of Business

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Podcasts





(Click to listen to podcasts.)

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Facts

Dr. Chloe's book, Nervous Energy: Harness the Power of Your Anxiety was endorsed by Deepak Chopra.

Dr. Chloe earned her BA Summa Cum Laude, Phi Beta Kappa, and with departmental honors in Psychology from Columbia University.

Dr. Chloe also earned a Masters and Doctorate in Clinical Psychology with honors from Long Island University, and went on to instruct undergraduate courses there.

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Facts



Dr. Chloe's private practice focuses on stress management, relationship issues, self-esteem, and coaching.



She completed clinical training at Lenox Hill Hospital and Kings County Hospital.



Dr. Chloe has held annual workshops on Goal Attainment at Columbia University.



She has published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America.

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Facts

Dr. Chloe served as adjunct faculty at the City University of New York.

She served as the psychologist for the New York College of Podiatric Medicine.



Dr. Chloe is a certified yoga teacher, and completed coursework in Buddhism and meditation with Robert Tenzen-Thurman (the first American ever to be ordained as a Monk by the Dalai Lama) and the Mindfulness-Based Stress Reduction designed by the Jon Kabat-Zinn.

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Facts

Dr. Chloe has a 5-year record of membership in Entrepreneurs Organization (EO), meeting the stringent criteria of EO which mandates a minimum documented annual revenue of $1 million.

Dr. Chloe has been recognized as a USA TODAY Bestselling Author.

Dr. Chloe has provided clinical as well as personal volunteer services to underserved populations including the homeless, veterans with addictions, & poverty-level immigrants.

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Contact Information

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For questions, comments, and feedback,

Email **PRESS@DRCHLOE.COM**

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