

## *Curriculum Vitae*

# **Dr. Paulette Kouffman Sherman**

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## **Licensed Psychologist & Certified Empowerment Coach**

Widener University, Doctor of Psychology (Psy.D and MA)

Specialization: Clinical Psychology, Family Therapy Track, School Psychology Certificate

### **PROFESSIONAL EXPERIENCE**

**Private Practice, NY, NY**

**February 2004-now**

**Psychologist & Relationship Coach-** Maintained a practice four days a week for 16 years. At first I saw the gamut of clients with a range of issues but then specialized mostly in romantic relationships, doing relationship counselling with marital couples and singles.

**Brooklyn Center for Families in Crisis, Brooklyn, NY**    March 2004-March 2006

Psychologist

**My Dating & Relationship School, NY, NY**

**Sept 2005-Sept 2009**

*Owner & Director of a My Dating & Relationship School in Manhattan*

**Psychological Services & Human Development Center, Swarthmore, PA** Oct 2002-Dec 2003

*Psychologist & Director of Marketing for a three location group practice*

**Elwyn, Inc. Elwyn, PA**

**June 1999-Oct 2002**

*Psychologist & Family Therapy Trainer for oppositional teens in a residential program*

#### **Summary:**

Licensed Psychologist in NY and PA. I ran a successful private psychotherapy practice for over 19 years. My experience included college counseling, a group psychotherapy practice, being a hospital psychologist, a residential therapist and more. I'm a successful author of over 25 books. I was an adjunct psychology professor at two colleges and an online instructor. I'm a Relationship expert featured on television and radio and have a relationship column and podcast. I specialize in romantic relationships and helping clients who are dating, in long-term relationships or married to create lasting love.

(See Addendum for more detail and Relevant skills & trainings)

### **ADDENDUM:**

Continued Professional Experience:

**LaSalle University Counselling Center, Philadelphia, PA**

**August 1998-May 1999**

College Counselor- Paid year-long Internship

**Philadelphia College of Osteopathic Medicine, Philadelphia, PA** August 1999  
Researcher for a project in Narrative Therapy

**Silberman Center in Crozer-Chester Hospital, Chester, PA** September 1997-June 1998  
Psychotherapist-paid internship with elderly diagnosed patients

**Delaware County Intermediate Unit, Upland, PA** August 1996-August 1997  
School Psychology Practicum

**First State School, Christiana Hospital, Newark, Delaware** August 1995-June 1996  
Psychotherapist for kids and teens with medical issues

**Widener Lab School, Chester, PA** August 1994-June 1995  
Psychotherapist to toddlers and trainer for the (ICPS) Inter-Cognitive Problem-Solving Model Approach

**Media Child Guidance, Chester, PA** Summer 1995  
*Psychotherapist for the summer program*

**Arlington Children's Center, Arlington, VA** September 1993-June 1994  
*Head Nursery School Teacher*

**Bellevue Hospital Therapeutic Nursery, NY, NY** Summer 1993  
*Therapist for young children with diagnostic issues*

**Hassenfeld Children's Center for Oncology & Blood Diseases, NY, NY** Summer 1993  
*Volunteer counselor for terminally ill children & their families*

## **TEACHING EXPERIENCE:**

**Udemy (www.Udemy.com)** 2018- now  
Online instructor with 6,730 students in 110 countries

**Touro College, NY, NY** April 2004 and Jan 2005  
Adjunct Professor, Taught Child Development & Case Management to social workers

**National Institute of Technology, NY, NY** June-August 2004  
Adjunct Professor, Taught Theories of Development

**The Learning Annex, NY, NY** October 2007-November 2009  
Monthly Paid Relationship Speaker who gave 3-hour seminars for two years

## **ACADEMIC TRAINING & CREDENTIALS:**

*Institute of Professional Empowerment Coaching, Manalapan, NJ* February 2004  
Certified Empowerment Coach (specialized in Relationship Coaching)

*Widener University, Chester, PA* August 1999  
Doctor of Psychology (Psy.D)

Specialization: Clinical Psychology, Family Therapy Track, School Psychology Certificate

*Widener University*, Chester, PA August 1997  
Masters in Clinical Psychology (MA)

*Washington University in St. Louis*, St. Louis, MO May 1993  
Bachelor of Arts (BA). Psychology Major. Graduated Cum Laude

*Oxford University*, Oxford, England 1992  
Student there in Psychoanalytic Theory, Tutorials in Winnicott, Melanie Klein & Karl Abraham

High School of the Performing Arts, NY, NY May 1983  
Vocal Major. Won the Simon Simonson Leadership Award

*United Nations International School*, NY, NY May 1989  
Exposure to different cultures and customs grade 2-7

## **RELEVANT SKILL SETS & TRAININGS:**

Licensed Clinical Psychologist in NY & PA & Certified Empowerment Coach (CEC)  
Relationship Expert on television and radio and a podcast host  
Advanced Gottman Training (Level 1, 2, 3)  
Certified Hypnotherapist  
Certified Discernment Counselor  
Intensive Marital Weekend training for Couples  
EFT- Hold Me Tight seminar training for couples  
Imago weekend training for couples  
Family Therapy Training- systems & structural therapy classes and more  
Life Coaching Certification  
CBT training classes  
Psychoanalytic and psychodynamic training program  
Behavioral level-system consultant with oppositional boys and their families  
Ran groups for elderly clients diagnosed with depression, anxiety and more  
Lecturer in mental health, illness, goal-setting and relationship topics  
Taught college classes and online courses  
Marketing Director for group psychotherapy practice  
Author with many published books  
Media Training seminars with Joel Roberts through my publishers

## **SPEAKING, RESEARCH & WRITING**

Lecturer on a Princess Cruise Ship about how to improve your marriage

Monthly presenter at The Learning Annex in Manhattan for two years

The Power of Possibility Conference-keynote speaker  
Annual Scholars Conference on the Holocaust- Presented doctoral research on Holocaust survivors & how they used creativity to survive

Masters Honors Thesis- The Effects of Divorce on a College-Age Population. Presented my research at the APA Conference

Research Assistant on Narrative Family Therapy at the college of Osteopathic Medicine

Relationship Columnist for The Improper Magazine, JDate and Eligible Magazine

Quoted as a Relationship Expert in over 400 publications including the NY Times, Readers Digest, Oprah Magazine, Psychology Today, Cosmopolitan, Glamour, Redbook and more.

Relationship Expert on Channel 5, Channel 11, The Early Show, KATU and others. On radio shows like Curtis Sliwa, KBOO FM, NPR's Cityscape & Unity Radio.

Author of 26 published books including two published with Simon and Schuster & Llewellyn. My books won 14 book awards and were published in 8 languages. Some relationship books include: Dating from the Inside Out, Facebook Dating: from 1<sup>st</sup> Date to Soulmate, Marriage and the Law of Attraction, How to Treat Your Mate like Royalty Under \$10, The Gremlin: 10 Ways to Shush that Negative Voice in Your Head.

### **SOME AWARDS:**

Awarded, 'Woman of the Year in Psychology for NY State in 2013,' by the National Association of Professional Women

Named one of the Top 27 Relationship Experts in an article from, *Her Aspiration*.

Who's Who in American Women

Who's Who in Medicine & Healthcare

2009 COVR Visionary Award Finalist