

Susan Bauerfeld, Ph.D. is a Licensed Clinical Psychologist, Parenting Consultant/Coach and ADHD coach. Her passion is teaching skills that lead to positive connected relationships, especially the skills of self-regulation, anxiety management and effective communication. In an increasingly media saturated world, she finds that these skills are essential in order to tackle the challenge of balancing digital pulls and demands with the conversations and connections that support growth and learning. Combining the experiences and challenges she encountered while raising her own 3 wonderful boys (now thriving young adults) with expertise in the areas of psychotherapy, neuropsychology, cognitive remediation, and ADHD coaching she works to help parents strengthen their most powerful tool - a supportive, connected relationship with their children. In presentations, workshops, individual consultations, coaching and psychotherapy sessions Dr. Bauerfeld offers compassion, humor, understanding and education as she helps parents (and their kids) develop the skills they need to more effectively manage their worries, challenges and technology so they can reconnect with themselves and one another, learn more effectively and lead more calm, capable and connected lives.

Dr. Bauerfeld received her MA and PhD degrees with distinction from Fairleigh Dickinson University and her undergraduate degree with honors from Trinity College in Hartford, CT. Her internship training was at Rusk Institute for Rehabilitation Medicine, part of NYU Medical Center. She has worked at The Center for Head Injuries in Edison, NJ, for Positive Directions in Westport, CT and in private practice in both NJ and CT. She completed her ADHD coach training through JST Coaching, LLC and is a certified facilitator of Calm and Connected: Parenting Children with ADHD®. She created the Parenting Book Series at the Wilton Library (cosponsored by the Wilton Youth Council with funding from the United Way) and offers a variety of workshops and presentations on parenting, anxiety management and media management.

Professional memberships include Phi Beta Kappa, APA, CHADD and the CT Psychological Association.

## Susan Bauerfeld, PhD

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Skills for a **Calm, Capable & Connected** Life

