

# DR. LISA PALMER, PHD, LMFT, CHT, CRRTT

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AAMFT APPROVED SUPERVISOR  
LIC. IN FLORIDA AND NEW YORK

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## NATIONAL AND INTERNATIONAL TELEVISION APPEARANCES

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FOX DC – Why More People Have Short Attention Spans 6/25

FOX DC – Is Economy Affecting Your Mental Health? 5/25

FOX DC – Thin Craze Impact on Health 12/24

CBS News – Keeping New Years Resolutions 12/24

News Nation – Galaxy Gas 9/24

FOX DC – Compassion Fatigue 4/24

FOX and Friends – Tik Tok Influence 11/23

FOX DC – Compassion Fatigue 11/23

News Nation – Phone Notifications Distract Teens 9/28/23

FOX News Channel – Anxiety of the Rise 9/25/23

CBS News - Managing Financial Stress 5/24/23

CBS News – Managing Motherhood 5/12/23

FOX DC – AI and Mental Health 5/8/23

FOX DC – Misuse of ADHD Medications 4/19/23

News Nation – Adderall Generation 3/16/23

360 View (Airing in China, Africa & India Networks) – Impact of Social Media 3/23

FOX- DC – Men's Mental Health 12/8/22

Newsy – Men's Mental Health 11/22/22

News Nation – Adderall Addiction Nation 11/17/22

NBC LX – Natural Disasters and Mental Health 10/4/22

Newsy – Teen Suicide 9/21/22

NBC LX – Self-Medicating Millennials 8/12/22

NBC LX – Economy and Millennials 7/28/22

CBSN News – Roe v. Wade 6/24/22

FOX Nation – Johnny Depp Special 5/3/22

FOX DC – Mental Health Tips – 3/11/22

NBC LX – Domestic Violence 3/2/22

FOX DC – High Functioning Depression 2/4/22

NBC News – Mental Health & Body Image – 2/11/22

GMA3 – PTSD and Attack on the Capitol 1/6/22

FOX News – Coping with Stress on Thanksgiving 11/25/21

RT America – Down on Love 11/23/21

CBSN – Coping During Holidays & Addiction 11/21

FOX DC – Eating Disorders 8/21

RT America – Florida Principal Under Fire 5/6/21

Bill O'Reilly Show – Cancel Culture and Media 2/24/21

UK talkRadio – Do You Have Anger Management Issues? 2/7/21

UK talkRadio – Tom Cruise Flips Out on Set of Mission Impossible 12/20

UK talkRadio – Love and Life Balance 12/20

Newsy – Monitoring Health in Millennials 11/20

UK talkRadio – Meghan Markle Opens Up About Miscarriage 11/20

RT America – Mental Health in Children During COVID Crisis 11/20

RT America – Online Relationships During COVID 11/20

FOX DC – Can Love Survive the Election? 10/20

LBC – Can Self-Help Apps Help Calm Stress During COVID – 10/20

LBC – Is COVID Isolation Impacting Your Mental Health? 10/20

RT America – Relationships During COVID Crisis 7/20

SKY TV – President Trump Wears Mask 7/20

RT America- Mask Frustration – 7/20

NBC LX – Impacts of George Floyd Videos – 6/20

LBC – Mental Health Awareness 5/20

RT America -Lockdown Unemployment 5/20

Newsy TV – Health in Millennials 5/20

Cheddar TV – Videoconferencing Fatigue 5/20

FOX 5 DC – Advice for Sleeping During COVID-19 Outbreak 4/10/20

WFLA iHeart Radio – “Coronavirus: Finding Life Balance” 3/6/20

FOX Health News – “Suicide Texting Scandal” (in production) 2/20

FOX Health News – “Healing Trauma through Hypnosis” (in production) 2/20

RT America – “Childhood Obesity and Surgical Complications” 10/30/19

HLN – “Should Spanking Your Kids Be Illegal?” 10/16/19

LBC Radio – “Effects of Abuse on Children” 10/4/2019

Cheddar TV "Are Unmarried Single Women Happier?" 5/30/19

Cheddar TV "Empowering Women's Health" 5/15/19

Cheddar TV "Should Khloe Kardashian Promote Weight Loss Products?" 4/23/19

Cheddar TV "Could Too Much Sleep Be Hurting Your Health?" 3/4/2019

HLN Michaela Show "Mel B. Seeks Treatment for PTSD" 8/28/2018

CNN Primetime Justice w/ Ashleigh Banfield "Hypnosis Unsolves Crime" 6/21/2018

FOX Business News: "Video Gaming Addictions" 6/18/2018

RT America "How Much is Too Much Screen Time" 3/16/18

MSNBC LIVE "How To Talk Politics at the Table" 11/23/17

Newsmax TV "PTSD Top Rated US Treatment Centers –Renew Center #1" 11/14/17

Newsmax TV "Opioid Crisis and Politics" 7/25/17

LIVE from FSS "1-Hour Interview with Dr. Palmer About Mental Health" 7/6/17

Newsmax TV "ACA and Mental Health Care" 5/20/17

Newsmax TV "FBI Translator Goes Rogue and Marries Terrorist" 5/2017

Cheddar TV "Body Positive Apps for Self Esteem and Body Image" 3/30/17

SKY TV Pan-Euro "Unhappiness in America" 3/20/17

FOX News DC "Perspectives on ACA and Health Care Crisis" 3/7/17

OANN "Trump and the Social Psychology of Protests" 3/2017

Crime Watch Daily "Psychology of a Con Artist" 11/16

America Trends with Gina Loudon "Politics and Health- Clinton Controversies" 9/16

RT America "Depression in America on Rise" 9/16

RT America "Political Psychology of Election 2016" 8/16

CBSN "Men on Tinder Have Low Self-Esteem" 8/16

Dr. Drew Show "Twisted Twins" 6/16

Studio D Show "Celebrity Addictions and Prince's Death" 5/16

Newsmax "Trump/Clinton Controversies" 5/16

Newsmax "Election Panel Discussion" 5/16

Newsmax "Suicide Increase and Hopelessness in America" 5/16

Fox Business News "Suicide Increase in US" 5/16

Youtoo America TV – Celebrity Addictions 5/10/16

Newsmax "Increased Deaths in Middle aged White People" 11/15

Newsmax "Religious Perspectives on LIVE TV Exorcism" 11/15

Newsmax "Psychology of GOP Debate" 8/15

Newsmax "NBC Cutting Ties with Donald Trump" 7/15

Newsmax "Was SC Shooter Racist" 6/15

Newsmax "Ebola Anxiety in US" 10/14

WPTV Channel 5 Reporter 2001-2003

WSPA/WNEG TV Host and Reporter 2000-2001

CNN Editorial Assistant/Weekend Writer 2000-2001

LI News Tonight TV Reporter 2000

Former White House Radio Reporter Intern for Press Secretary's Office 1999

ABC The View Assistant 1999

ABC NY Local "NY Non-Stop" Intern 1998

Miss Vermont USA/Miss USA Contestant/CBS 1997

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## NATIONAL AND LOCAL RADIO APPEARANCES

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iHeart Radio – Coping with Holiday Stress During COVID 11/20

FOX WTRC South Bend, IN 2/17

FOX KURV McAllen, TX 2/17

FOX WSJX Champaign, IL 2/17

FOX WTKS Savannah, GA 2/17

FOX KOGO San Diego, CA 2/17

FOX WDRC Hartford, CT 2/17

FOX WSJK Champaign, IL 1/17

FOX KTGO Tioga, ND 1/17

FOX WRVA Richmond, VA 1/17

FOX KOGO San Diego, CA 1/17

Cosmopolitan Magazine "Happy Hour Podcast" 11/16

The Blaze "Buck Sexton Show" 6/16

Podcast One "My Two Cents with Bill Engvall" 6/16

"America Now with Meghan McCain" 6/16

FOX Radio "Vipp Jaswall Show" 2016

"Sid Rosenberg Show" 9/15

ESPN Radio with Josh Cohen Show 2015

"Renew Your Life" Weekly 1-Hour Radio Show with Dr. Lisa Palmer 2009-2012

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## MAGAZINES AND ARTICLES

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MSN and FabWorld Today - 10 Entrepreneurs Leading the Business Frontier in 2024

Ocean Drive - 8 Top Inspiring Business Leaders in Florida to Follow in 2023

Marquis Who's Who in America 10/2023

Featured in Voyage MIA Magazine one of Florida's most successful female entrepreneurs and experts 2020

Featured Entrepreneur in Shout Out Miami Magazine article 12/2020

Featured Expert in Voyage MIA Magazine as one of Florida's most successful entrepreneurs and experts 12/2017

"Post-Traumatic Stress Disorder: Top 10 Treatment Centers" by Richard Grigonis, Newsmax. <https://www.newsmax.com/FastFeatures/post-traumatic-stress-disorder-treatment/2014/11/20/id/370857/>

"53 Experts Share Life-Changing Tips and Strategies to Stop Binge Eating" The Diabetes Counsel <https://www.thediabetescouncil.com/53-experts-share-life-changing-tips-strategies-stop-binge-eating/>

Huffington Post Interview "Men and Suicide Rates" Not-yet published 6/17

Sex Expert Shares Therapies that Helped Her Heal from Sexual Abuse, by Lindsay Carlton, Fox News Health, <http://www.foxnews.com/health/2016/11/16/sex-expert-shares-therapies-that-helped-her-heal-from-sexual-abuse.html>

"Murder Defendant Casey Anthony and Her Multiple Personalities" by Diane Dimond, The Daily Beast <http://www.thedailybeast.com/articles/2011/05/18/murder-defendant-casey-anthonys-multiple-personalities.html>

"A Weighty Issue: The Line Between Healthy Eating and Obsession Is Razor Thin," by Cheryl Kane Heimlich [http://issuu.com/bocaratonobserver/docs/boca\\_raton\\_observer\\_jan\\_2011/53?e=0](http://issuu.com/bocaratonobserver/docs/boca_raton_observer_jan_2011/53?e=0)

"Diet Secrets: Black Women Quietly Suffer from Eating Disorders, Too," Upscale Magazine

"Crossing the Color Lines: The Face of Eating Disorders," Washington Woman Magazine

Palmer, L.C. (2016). Coping with Onset Depression and Eating Disorders in Late Life. Eating Disorder Hope. <https://www.eatingdisorderhope.com/blog/coping-with-onset-depression-and-eating-disorders-in-mid-life>

Palmer, L.C. Book endorsement for Cutts, S. (2009). *Beating Ana: How to outsmart your eating disorder and take back your life*. Health Communications: Deerfield Beach, FL: Health Communications.

Palmer, L.C. Book review for Zerbe, K. J. (2008). *Integrated treatment of eating disorders: Beyond the body betrayed*. New York: W.W. Norton. *Journal of Marital and Family Therapy*.

Palmer, L.C. (2008). *Drive to self-starvation: Qualitative Exploration of Narratives amongst eating disordered immigrant women to the U.S.* Dissertation Abstracts International 69(03). (UMI No. 3306724)

Palmer, L. (2008). Crossing the color line: Emerging realities about eating disorders and treatment with women of color. *Journal of Feminist Family Therapy*, 19(4), 21-41.

Rambo, A., Monnay, F., Mello, N., Palmer, L. (2008). *Uncharted waters: Working with recent immigrant families*. *Family Therapy Magazine*, 16-18.

*Marriage and Family Therapy Career Guide: Doing Well While Doing Good* (Book interview)

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## LECTURES AND SUMMITS

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3<sup>rd</sup> Millennium Women's Entrepreneurship, Leadership, Management Positive Psychology, and Mental Health Conference – Toronto, Canada May 2024

NSU Alumni Event – Healthcare and Mental Health, January 2024.

Functional Medicine and Healing from Trauma and Addictions. Interview with Celebrity Fitness Guru Doug Capporino for RTR 2017.

Men and Relationships Online Summit with Dr. Erica Goodstone 2017.

Holistic Healing in Treatment Discussion with Dr. Erica Goodstone 2016.

"Confidently Beautiful" Women of Influence Lecture at Miss USA 2013.

"From the Bedroom to the Boardroom: How to Establish Better Rapport in Relationships" Keynote Speaker for Signature Alumni, Nova Southeastern University, February 2011.

"Diversity Issues in Eating Disorders" Wellness Week and Eating Disorder Awareness, Nova Southeastern University, Fort Lauderdale, Florida, March 2009.



"Addictions and Eating Disorders" Nova Southeastern University, February 2009.

"Evaluating use of Grounded Theory in Qualitative Research Practices" Nova Southeastern University, May 2008.

"Exploring Research Methodologies: Introduction to Recursive Frame Analysis and Grounded Theory" Nova Southeastern University, Florida, March 2008.

"Eating Disorder Treatment: Health Consequences and Clinical Issues," Nova Southeastern University, Florida, February 2008.

"What Works in Eating Disorder Treatment: Systemically Based Therapy in a Hospital Setting," Nova Southeastern University, Davie, Florida, February 2008.

"How to Pass Qualifying Exams the First Time," Nova Southeastern University, Davie, Florida, October 2007.

"Eating Disorder Research, Treatment, and Critical Issues," Nova Southeastern University, Davie, Florida, March 2006.

"Eating Disorder Myths: Prevention, Treatment and Critical Issues," Nova Southeastern University, Florida, February 2006

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#### FOUNDER OF RENEWME BRAND AND RENEW MEDIA PRODUCTIONS

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Founder of RenewMe Digital Brand 2018-current (development)

Founder of Soulscape Hospitality Brand 2019 (In development)

Founder of The Renew Center of Florida since 2007

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#### EDUCATION

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Nova Southeastern University, PhD Marriage and Family Therapy, specialty in eating disorders 2008

Nova Southeastern University, MS Marriage and Family Therapy 2004

New York University, BS Journalism and Sociology 1999

University of Vermont, Pre-Medicine and Philosophy 1994-1997

The Wheeler School, Providence, RI 1994

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## PSYCHOTHERAPY, ENTREPRENEURIAL, AND TEACHING CAREER

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The Renew Center of Florida, Program and Clinical Director, 2007- Current

Adjunct Professor, Nova Southeastern University, 2009-2011

Hollywood Pavilion Hospital, Founder and Clinical Director of Eating Disorder Program, 2006-2009

Milestones in Recovery Eating Disorder Program, Primary Therapist, 2005-2006

Renfrew Center of Florida, Eating Disorder Treatment Therapist, 2004-2006

The Atrium Family Center, Counselor, 2004-2006

Brief Therapy Institute, Counselor, 2002-2006

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## ADDITIONAL CREDENTIALS & HISTORY

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- Top 15 Entrepreneurs to Look Out for in 2024 (LA Magazine, Jan 2024)
- 8 top Business Leaders to Follow in 2023 (Ocean Drive Magazine)
- Indicted in Marquis Who's Who of America 2023
- The Renew Center of Florida was Rated #1 Treatment Center for PTSD in US by Newsmax in 2017
- Tech founder of RenewMe Brand 2018-Current
- Licensed in Florida and New York State
- Licensed Marriage and Family Therapist
- Past President of Palm Beach Assoc. of Marriage and Family Therapy 2010
- Certified Rapid Reduction Technique Therapist for the Treatment of PTSD
- Florida State Approved Supervisor for Licensing of Mental Health Counselors
- Eating Disorder/Addictions/PTSD and Trauma Specialist
- Certified in Hypnotherapy & Trained in Mediation
- Florida State Approved Supervisor and Clinical Member
- Featured Speaker for National Salt Therapy Assn. Conference 9/21
- Official Judge for Miss Nevada USA and Miss Teen Nevada USA 2020

- Official Judge for Miss Kentucky USA 2019
- White House Radio Reporter Intern for Press Secretary's Office 1998
- Miss Vermont USA 1997; Competed LIVE at Miss USA on CBS