

Jennifer Freed, Ph.D.

Jennifer Freed, Ph.D. has been working with teens and families since 1977. She started off directing a Youthwork statewide project which hired teenagers to research the reason for high dropout rates, and to suggest solutions to the problem. She went on to direct a statewide media program that involved teens creating videos about drug and crime prevention. This media project was highly acclaimed and featured on "Good Morning America." Dr. Freed is currently Co-Director of program called "AHA!" which stands for the Academy of Healing Arts for teens. This program is currently operating in three cities, and teaches teenagers how to develop character, creativity, and compassion through the expressive arts.



Dr. Freed is also a personality systems expert and co-author of the book, "The Ultimate Personality Guide" published by Tarcher Putnam. She has been a guest on Sirius radio programs and has appeared on several TV shows as an expert on teens and their families. Dr. Freed was the local President of the California Association of Marriage and Family Therapists and has been hired to conduct numerous lectures on topics ranging from teen resiliency to tips on how to keep a marriage alive.

Serving as past Clinical Director and a member of the core faculty at the Pacifica Graduate Institute, Dr. Freed has taught over twelve different courses in the Master's Program psychology curriculum. She is a licensed Marriage Family Therapist, a trained mediator, an advanced EMDR practitioner, and a licensed hypnotherapist. She has maintained her private practice for 25 years, and has the additional training of raising three outstanding teenagers who are now impressive young adults.

Nationally recognized as an inspiring and electrifying speaker, Dr. Freed engages professionals in a variety of fields with her customized workshops geared to educate and initiate positive change.

Workshops and Lectures

Dr. Freed is available as a Keynote speaker, workshop facilitator and professional development trainer for educational institutions, counseling and psychotherapy programs, and all types of venues focusing on at-risk youth, teens and young adults. Her areas of specialization include:

- Adolescent and teen psychology
- Teen sexuality
- Creativity and self-expression
- Substance abuse and recovery
- Family systems
- Prejudice reduction and diversity awareness
- Motivating Teen Spirit
- Family systems
- Prejudice reduction and diversity awareness
- The mother/daughter bond
- Keeping your marriage alive while raising teens
- Couples and conflict style
- Step-Parenting: An Opportunity for Maturity
- Positive Attitude, Positive Opportunities

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