



Carole D. Stovall, Ph.D.
Licensed Psychologist
Principal, Behavioral Health First, Inc.
President & CEO, SLS Global

Overview

- Dr. Carole Stovall has provided psychological counseling, psychotherapy and consultation services since 1984.
- She is also Principal, Behavioral Health First, Washington, DC; a private practice which focuses on the diagnosis and treatment of: Stress • Anxiety • Depression And Loss • Physical, Emotional, Verbal, Sexual, Accident Trauma • Self-Esteem Concerns • Career & Life Adjustment • Couples And Family Issues • Medical Illness And Disability • Life Uncertainty • Issues Of Adult Children From Successful Families.
- President and CEO, Strategic Leadership Solutions.; a firm that offers Executive Coaching and organizational effectiveness consulting.
- National print, radio, and television human behavior consultant.
- Former National Spokesperson for the Anxiety Disorder Information and Education Program at the National Institute of Mental Health.
- Former National Training Facilitator and Case Supervisor for the EMDR Institute in Palo Alto, California.
- Former Adjunct faculty and Lecturer in Psychology at George Washington University, Washington, DC.
- Provides forensic and expert consultation, evaluations and testing regarding the diagnosis and treatment of trauma, anxiety and related disorders.

Education and Professional Affiliations

- Ph.D., from the prestigious program in Counseling Psychology, University of Maryland, College Park, MD
- Master's competency in psychology, University of Maryland, College Park, MD
- M.Ed., Southern University, Baton Rouge, LA
- American Psychological Association Minority Fellowship Recipient

- American Psychological Association Congressional Fellow, United States House of Representatives
- Elected Board of Directors, District of Columbia Psychological Association: Secretary, 1995-1997; Clinical Representative-at-Large to the American Psychological Association, 1998.
- Past and Present membership in professional organizations include:
 - American Psychological Association
 - District of Columbia Psychological Association.
 - Anxiety Disorders Association of America
 - International Society for the Study of Dissociative Disorders
 - American Society of Clinical Hypnosis
 - American Board of Forensic Examiners
 - International Society for Traumatic Stress Studies
 - EMDR International Association

Broad based and Specialized Training and Expertise

- Dr. Carole Stovall is a master psychologist with broad training and expertise in human behavior and the complex change process. She provides therapy, consultation and media expertise on a wide variety of issues including stress, work place issues, self-esteem, relationship concerns, loss and grief, adult children from successful families, fame, career transition, diversity, coping with medical illness and disability, as well as parenting, step-parenting and stepfamily concerns.
- Dr. Stovall has specialized training and years of experience in techniques utilized with people suffering from anxiety, depression, traumatic events, and chronic illness. Nationwide, for nearly two decades, she has taught and supervised other mental health specialists in the EMDR (Eye-Movement Desensitization and Reprocessing) technique. This technique has been featured in many television and newspaper reports, including TV's 20/20 news program. Dr. Stovall also has additional specialized training in hypnotherapy and Critical Incident Stress Debriefing (CISD).

Research and Scientific Activities

Dr. Stovall is a trained and published researcher. She has published and conducted research on the measurement of racial attitudes, sexism, ageism, and the psychotherapy process. She has collected data on research projects investigating workplace trauma issues and Executive and organizational stress. Considered an expert in her field, Dr. Stovall presents and consults regularly on trauma, stress and workplace issues (productivity, life balance, verbal abuse, leadership IQ, diversity and managing change).

Community, Consultation and Advisory Services

- National print, radio, and television consultant.
- Served as the National Spokesperson for the Panic Disorder Information and Education Program at the National Institute of Mental Health.
- Provides forensic and expert testimony regarding the diagnosis and treatment of psychological trauma, anxiety, stress and related disorders.
- Provides psychological consultation and advisory services to a number of business organizations and government offices including Diet Centers, Inc.; Youth Works, US Department of Labor; US Department of Defense; National Institute of Mental Health; National Air and Space Administration (NASA); the World Bank; Project Upward Bound; Project Head Start; the Lupus Foundation of Greater Washington; and numerous Employee Assistance Programs (EAPs) across the United States.
- Dr. Carole Stovall and her team, over many years, joined with the Freedom From Fear Foundation and the National Institute of Mental Health to spearhead the provision of community information and screenings during the “National Anxiety Disorders Screening Day” project.
- Spokesperson for numerous National Institute of Mental Health events on *Anxiety and Panic Disorders: There is Hope*.
- Speaks to community, government and workplace organizations on issues related to Stress, Anxiety, Depression, Parenting/Step-Parenting, Medical Illness and reactions to Traumatic Events, (such as vehicular accidents, rape, victimization, life threatening events, medical illness and verbal, emotional, sexual abuse, and natural disasters).
- National Spokesperson for the National Institute of Mental Health’s Anxiety Disorder Education Program.
- On September 11, 2001 and for four (4) months following the terrorist attacks, Dr. Stovall was called in to work as part of the team to put into operation a trauma response services network both in New York City and Washington, DC. Over the course of 18 months, more than 4,000 people were provided with trauma services. In addition, she consulted to major corporations who lost employees in the attack, Employee Assistance Programs (EAPs) who were providing services in-house to organizations, and news services who needed information about trauma as well as services for front-line reporters who were covering the 9/11 attacks.
- After Hurricane Katrina, Dr. Stovall was part of a volunteer team that organized trauma relief training and education services to mental health professionals in Louisiana, Mississippi, and Texas. A series of intense, on the ground trainings were held where approximately 250 mental health clinicians were certified in trauma relief skills.