

BEVERLY SMALLWOOD, PH.D.

EXPERT ON ANGER & OTHER EMOTIONAL CHALLENGES



Why has everybody gotten so mean? If rage were weather, we'd be smack in the middle of a Cat 5 hurricane!

The destructive winds of anger have whistled through the cracks in our families, sabotaged political civility, toppled our work teams, threatened our schools and workplaces, and even blown against the unity in our places of worship. Is there any hope for turning it around?

Psychologist Dr. Beverly Smallwood says yes. She brings four decades of experience working with unhealthy anger and other emotional problems in clinical, organizational, educational, and forensic settings. She's worked with thousands of individuals, couples, and families in her counseling office.

As an executive coach and seminar leader, she's helped organizational decision-makers deal with their own frustrations, address the undercurrents and explosions of anger in the workforce, and regain momentum after the challenges of burnout. Dr. Bev has interviewed hundreds of inmates in her prison work, listening to fascinating stories of the destructive path created by one angry choice at a time. Bev's the perfect expert to help your audience understand how and why an angry world seems to have gone crazy, while assuring them, they don't have to!

Dr. Bev's conversational and often playful style engages media audience members as they confront the surprising truths about anger and how to deal with it constructively. They will confront intriguing myths about anger, and the new information may significantly change their lives. Bev shares powerful and relatable examples that challenge audience members in more constructive directions. She talks about the release of forgiveness—what it is, what it's not, and how to do it. An interview with Dr. Beverly Smallwood equips the people journalists want to reach with practical tools and renewed hope for replacing silent or explosive rage with constructive communication, emotional peace, and a healthier body.

While her current focus is in the realm of anger because of her new book in preparation, Dr. Bev is a seasoned expert on the understanding of the psychological and emotional factors in play in any current news stories, family challenges, organizational problems, political battles, or acts of violence. Her range of experience from her unusually rich and lengthy career as a psychologist provides her with a personal library of knowledge and tools on all things psychological.

Dr. Smallwood is an experienced media resource, having been interviewed in such media outlets as MSNBC, CNN, FOX Business, New York Times, Chicago Tribune, USA Today, SELF Magazine, Cosmopolitan, and podcasts. Bev possesses both media skills and confidence as she works with journalists to achieve their goals.

Bev's the author of ***This Wasn't Supposed to Happen to Me: 10 Make-or-Break Choices When Life Steals Your Dreams and Rocks Your World***. Her book in preparation is ***All the Rage***.

To schedule an interview or media appearance, contact Dr. Beverly Smallwood at 601.264.0890 (O) or 601.408.0735 (M). Email her at Bev@DrBevSmallwood.com.