

Introducing

DR. LAUREN COOK

Dr. Lauren Cook is a clinical psychologist, career coach, speaker, and author. She travels around the country (and from her computer screen) to provide education on how we can integrate mental health into our professional and personal lives. With more people experiencing burnout, anxiety, and isolation than ever before, Dr. Lauren is committed to helping us find connection and meaning in all that we do.

Dr. Lauren began her training at UCLA, where she majored in Psychology and Communication Studies. She earned her Master's degree in Marriage and Family Therapy from the University of Southern California and went on to complete her doctorate in Clinical Psychology at Pepperdine University.

Dr. Lauren has a private practice in Pasadena called Heartship Psychological Services where she supports adults, couples, and families. She specializes in treating anxiety, perfectionism, imposter syndrome, and relational struggles.

She currently lives in the Pasadena area with her husband, her young son, and their Siamese cat, Mochi. When she's not having fun hosting her Brain Health book club (which you're invited to join!), she can be found on the tennis court or trying a new recipe in the kitchen. Please welcome Dr. Lauren!



Connect with Lauren:



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  **Dr.LaurenCook**

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