

**Special Literary Guest**

**Donna Gardner, PhD**



I am a licensed psychologist, with over 15 years experience within the field. I enjoy psychology because it provides a framework for reflecting on the lessons I've learned along the way. My journey began as an inner-city kid from New York City and slowly morphed into the many responsibilities that I currently juggle as a 39-year-old single woman, divorced stepmother, psychologist, and college professor. Currently, I am in private practice and specialize in helping clients develop emotional resiliency and other coping skills necessary for life. My professional experiences include publishing several peer-reviewed articles and presenting at various national conferences.

Upcoming 2015:

- Active blogger [www.donnadoctora.com](http://www.donnadoctora.com)
- Public Speaker,
- Publishing a children's book in October 2015 (title: Pearls & Tools of Wisdom for Parents and Children), and
- Currently working to get a book deal for the Memoir (title: Shedding Perfection)

Dr. Donna  
GET AHEAD Psych, LLC  
Licensed Psychologist  
678-827-1592

**BFF Health Professional Expert Panel**

**Chelsie Dunn, MPH**



Chelsie is a second-year PhD student in the Clinical Psychology program, Health emphasis, at California School of Professional Psychology: Alliant International University in Los Angeles, CA. She earned her BA in Psychology from Wesleyan College and MPH in Urban Public Health from Charles R. Drew University of Medicine & Science. Her interest consists of, cultural consonance and differences, mental health disparities, ethnic minority youths' sexuality, integration of psychology and tertiary health care, and culturally/linguistically component

prevention/intervention program development for Black youth. She has served many leadership positions, currently she is the Western Region Graduate Representative for the Association of Black Psychologists.

*Motto:* When we replace I with WE, even Illness turn into Wellness. — Create women support groups!

Email: [chelsiedunn@gmail.com](mailto:chelsiedunn@gmail.com)

**Sidney Hankerson, MD, MBA**



Dr. Sidney Hankerson is an Assistant Professor of Clinical Psychiatry at Columbia University, College of Physicians and Surgeons. His research is focused on partnering with faith-based organization to reduce racial disparities in depression care. He completed his undergraduate studies at the University of Virginia, where he majored in Psychology. He then attended Emory University School of Medicine in Atlanta, Georgia. Dr. Hankerson received both his MD degree and Masters in Business Administration (MBA) at Emory. This training equipped him with

knowledge to optimize healthcare systems that provide care for underserved populations. His long-term goal is to help create a faith-based mental health network through which to reduce stigma and increase access to mental health care. Dr. Hankerson's professional affiliations include the American Psychiatric Association, Black Psychiatrists of Greater New York & Associates, and Alpha Phi Alpha Fraternity, Inc. Email: [HankersS@nyspi.columbia.edu](mailto:HankersS@nyspi.columbia.edu)



### **Nancia Leath, MA LPC NCC**

Nancia Leath, MA LPC NCC is a Licensed Professional Mental Health Therapist, Certified Professional Counselors Supervisor, National Certified Counselor, Author, Motivational Speaker, and Licensed Minister. She is the owner of Inward Core Healthcare Services. Nancia enjoys spending time with her husband, three children, and two dogs. She has a blast when she does trainings, motivating others to thrive through mental health counseling/life coaching, encouraging youth to be strong leaders in their communities (Teen Help Other People - TeenHOP), and helping all to live out their God-given purposes through her iTunes podcast and blog. She also has fun doing interviews and being a special guest on radio or television (just to name a few - HGTV, Steve Harvey, Sweet Retreats/Disney). You may even find one of her informative notes in successful companies' newsletters/magazines. Please check out her podcast on iTunes entitled, Inward Core Lifestyles. Many celebrities and people who desire to learn and maintain mental and spiritual health use her mental health services in order to experience life-changing therapy, coaching services, and superb supervision. You will never forget Nancia Leath after meeting her, many claim "she is a true inspiration."

#### Websites:

Inward Core Healthcare Services: [www.inwardcorehealthcare.com](http://www.inwardcorehealthcare.com)

Inward Core Lifestyles Blog: [thefix.inwardcorehealthcare.com](http://thefix.inwardcorehealthcare.com)

Inward Core Lifestyles iTunes Podcast: <https://itunes.apple.com/us/podcast/inward-core-fix-host-nancia>

Inward Core Healthcare Facebook: [www.facebook.com/InwardCore](http://www.facebook.com/InwardCore)

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### **Life Coach Kizmat Tention**

Kizmat Tention coaches women to a place of total health, wellness, and inner peace. The profession as a Life Coach was chosen after she experienced the loss of her son. It was during that time that she realized the importance of therapy as the first step to healing and rediscovering inner peace. She pursued a degree in Psychology in order to truly understand human behavior and how the whole body plays a role in the state of our mental health. Now as a Life Coach, she conducts one-on-one and group coaching sessions that help women to identify the root of their problem while coaching them through the steps of living a life of fulfillment, inner joy, peace, and happiness. She loves to combine her passion for coaching and travel by hosting destination Life Coaching retreats.

[www.Kizzymat.com](http://www.Kizzymat.com)