

About Dr. Bethany:

Dr. Bethany Cook, PsyD, MT-BC (“Dr. B”) is a *Parade Magazine* and *Today Show*-featured Licensed Clinical Psychologist and author of *For What It’s Worth: A Perspective on How to Thrive and Survive Parenting Ages 0-2*. An experienced mom of two, she offers practical, hands-on parental guidance with a trademark unconventional approach that brims with bold candor, spicy humor, and an F-bomb (or two). Her audiences can’t get enough of the relentlessly upbeat, contagiously positive outlook and refreshing departure from the stuffy, overly-clinical methodology that distinguish her uniquely relatable style. Through blogs, articles, screenwriting, television appearances, consultations, and more, Dr. B draws on a wealth of clinical and personal experience to help parents from all backgrounds and skill levels build strong family systems while strengthening meaningful connections to self and others.

Dr. B’s academic credentials include a Bachelor of Music (BM) from Western Michigan University, a Master of Arts (MA) from St. Mary of the Woods College, and a Doctorate in Clinical Psychology (PsyD) from the Illinois School of Professional Psychology. She is also a Board Certified Music Therapist (MT-BC). A self-described artist and musician at heart, Dr. B’s outside-the-box perspective on child and family development stems from a distinctly prismatic view of the world and its people. Adopted at 9 months, raised in the Mormon faith, and excommunicated from the church for choosing a same-sex partner, her work is informed by emotional struggle, perseverance, and the universally shared search for identity. Today, she brings accessible, real-world guidance to families of all socioeconomic and mental health backgrounds, based on over 20-plus years of clinical experience in the field.

Dr. B currently resides in Chicago with her life-partner of 12 years, two biological kids, and two self-trained therapy dogs. Have a look around this website to learn more, discover fun family recipes, activities, plus curated music playlists to suit every mood.