

Dr. Elizabeth Carr

Expert in Mental Healthcare and Private Practice Development



HD camera and professional lighting
available for remote interviews.

Dr. Elizabeth Carr, a former Navy psychologist turned seven-figure, 20+ clinician, fee-for-service group practice owner. Based in the outskirts of Washington, DC. Elizabeth is a seasoned psychologist and entrepreneur, passionate about helping families and clinicians navigate today's mental health landscape. With over 20 years of successful practice leadership, she brings a distinctive perspective to her real-world insights on the mental healthcare sector and its future trends.

SUGGESTED PODCAST TOPICS

- **Finding Awesome Therapists: Insider Hacks to Recruiting Top Talent.** How to vet and screen potential therapists by taking control of the booking and first appointment experience.
- **Out of Network? No Problem. Building a Seven-Figure Cash-Pay Practice.** Focusing on the details that make an out-of-network practice stand out in a crowded field.
- **Tips for Building a Lifestyle Practice:** Creating a practice that you can support and thrive from anywhere without burning yourself out.
- **Military Leadership Lessons for Civilian Teams:** How a heart of service mindset fosters sustainable success and reduces turnover.
- **Using Technology & Administrative Systems to Keep Your Practice Client-Focused.** Making decisions and setting up administrative systems in your mental health practice that are patient-focused.

As Seen On . . .



Past Media & Podcast Appearances

Television/Video Interviews

- CNN - Segment on Post-Partum Depression and Anxiety. (Interview with Polo Sandoval 2015)

Podcasts

- Practice of the Practice - How to Build a Seven-Figure Practice Without Specializing. (Episode 932)
- Irresistible Factor - Title Pending (Episode Pending, Recorded February 2025)
- ExitReadiness - Naming a Successor? That's A Bit Difficult (Episode 94, May 2022) & Psychological and Emotional Challenges of Exit and Succession (Episode 122, August 2023)

Publications

- BRIDES Magazine - Everything to Know About Emotional Cheating, According to a Clinical Psychologist (July 2024)
- Bored Panda - Man Is Sick Of People Seeing Him As Bad Guy For Leaving Wife, Exposes That Her Baby Is From Affair (August 2024)

Speaking Engagement

- Speaker - Group Practice Boss Conference (Traverse City, MI 2025)
- Speaker - Kill'in It Camp Cancun (The Practice of the Practice, Cancun, Mexico 2022)
- Debator - To Specialize or Not to Specialize (Mental Health Marketing Conference, Franklin, TN 2024)

See the [In the Press](#) Page for Additional Details

 4,832K

LinkedIn followers

 3.24K

Website active user count

 4.8K

Email Subscribers

 26.6K

Combined Monthly Internet Visitors

Why Book Dr. Elizabeth Carr?

- ✓ Engaging storyteller with personal and professional insights on mental health topics, including group practice growth and development
- ✓ Experienced speaker and expert featured in outlets ranging from CNN to BRIDES magazine
- ✓ Accessible and relatable educator appealing to a wide range of audience demographics
- ✓ Provides actionable takeaways that resonate with listeners
- ✓ Promotes YOUR podcast episode across multiple media platforms, including to her 4,832 LinkedIn followers, 1.1K monthly Instagram viewers, and 3.3K Facebook visitors.

CONTACT INFORMATION

✉ Email: ECarra@KentlandsPsychotherapy.com

🌐 Website: KentlandsPsychotherapy.com

🌐 LinkedIn: [Dr. Elizabeth Carr](https://www.linkedin.com/in/Dr.ElizabethCarr)

📷 Instagram: [@KentlandsPsychotherapy](https://www.instagram.com/KentlandsPsychotherapy)

📘 Facebook: [KentlandsPsychotherapy](https://www.facebook.com/KentlandsPsychotherapy)

☎ Phone: [\(240\) 252-3349 \(ET\)](tel:(240)252-3349)



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