

# Claire Nicogossian

## Biography

Dr. Claire is a licensed clinical psychologist with over twenty years of experience as a therapist. She is passionate about well-being and self-care for mothers and writes on these topics at MomsWellBeing.com, Mother.ly, ThriveGlobal.com, HuffingtonPost, Scary Mommy, Dr. Oz, mothering.com, and the Today Show Community Parenting Team. You can listen to her podcast, [In-Session with Dr. Claire](#). As a mom to four girls, she knows first-hand the importance of self-care in motherhood and encourages moms (and dads) to place priority on personal well-being. Her book *Thriving in Motherhood: How to Manage Emotions and Improve Well-Being* is an extension of the work she has done with clients over the past decade. Dr. Claire is committed to helping parents manage stress and improve well-being and has created online resources and quizzes for parents: 'Are You a Burned-Out Mom?', 'Are You a Burned-Out Dad?', and 'How is Your Well-Being and Self-Care?' All quizzes can be found on her websites.