

Dr. Shatavia Thomas

Biography

“Dr. Shay,” an Atlanta native, is a licensed marriage and family therapist (LMFT) and provider of individual, couple, and family therapy, continuing education, and holistic wellness consulting (mindfulness meditation and beginner mat Pilates) through her private practice, Dr. Shay Speaks, LLC. In addition, she has over ten years of experience in higher education, serving as a professor of marriage and family therapy for graduate students. As a mental health professional, her approach is informed by systemic, narrative, and experiential perspectives. As a writer, consultant, and thought leader in her field, Dr. Shay promotes insight, holistic wellbeing, and healthy relationships. Passionate about destigmatizing therapy and empowering clients and audiences, she aims to champion hope, love, peace, and joy. Inspired by her professional training and personal experiences, she examines and honors the power of how meaningful connections enhance personal growth, resilience, and overall life satisfaction.

