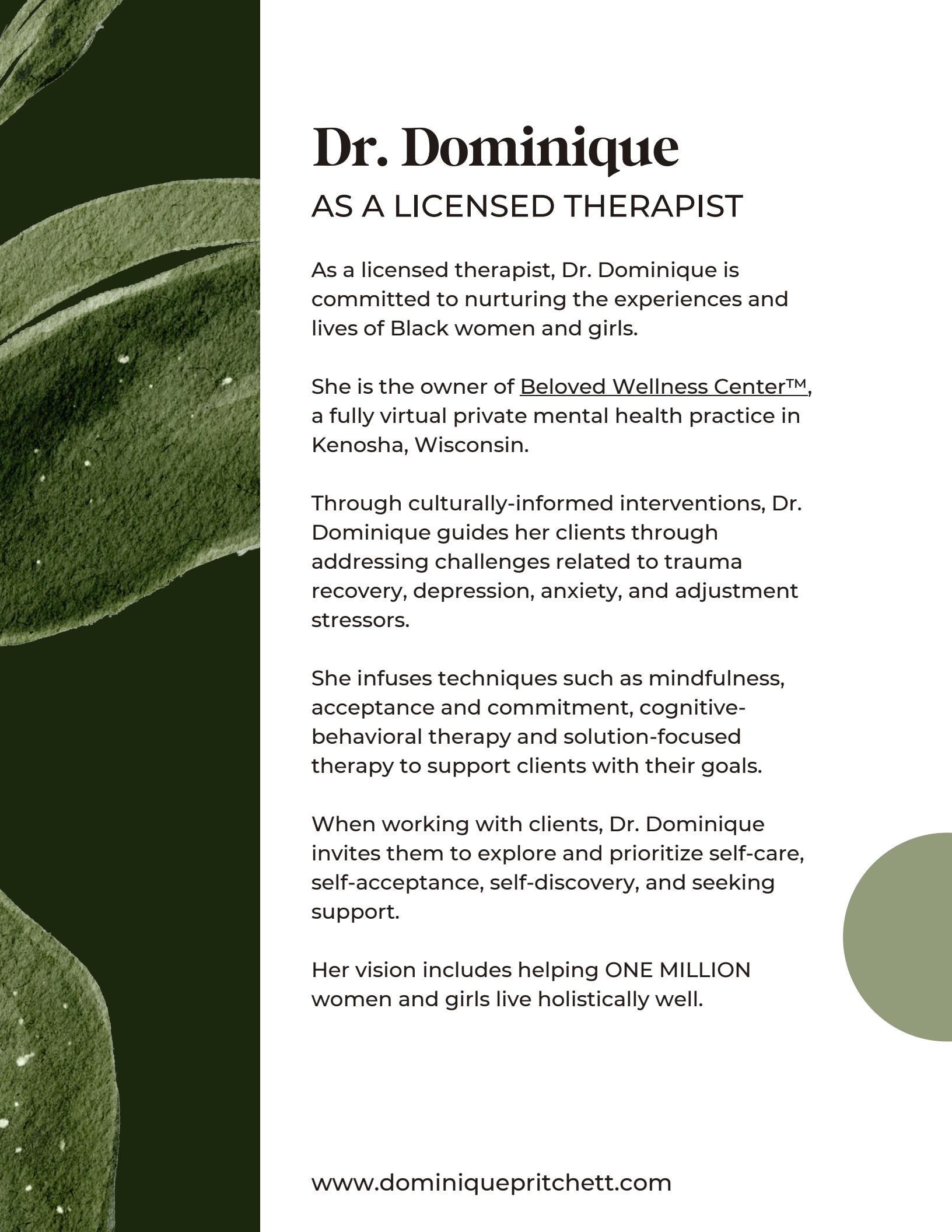


# Dr. Dominique

LICENSED THERAPIST | SPEAKER | WELLNESS  
CONSULTANT | MEDIA CONTRIBUTOR



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# Dr. Dominique

## AS A LICENSED THERAPIST

As a licensed therapist, Dr. Dominique is committed to nurturing the experiences and lives of Black women and girls.

She is the owner of Beloved Wellness Center™, a fully virtual private mental health practice in Kenosha, Wisconsin.

Through culturally-informed interventions, Dr. Dominique guides her clients through addressing challenges related to trauma recovery, depression, anxiety, and adjustment stressors.

She infuses techniques such as mindfulness, acceptance and commitment, cognitive-behavioral therapy and solution-focused therapy to support clients with their goals.

When working with clients, Dr. Dominique invites them to explore and prioritize self-care, self-acceptance, self-discovery, and seeking support.

Her vision includes helping ONE MILLION women and girls live holistically well.

# Dr. Dominique

## AS A SPEAKER & CONSULTANT

As a speaker and wellness consultant, Dr. Dominique is often booked as a keynote, trainer, and panelist focusing on personal and professional development services.

She is known as The Savvy Self-care Strategist™ and has spoken at numerous colleges, corporations, conferences, and community organizations.

Dr. Dominique engages and educates audiences through thought-provoking stories, statistics and actionable steps using her signature C.A.R.E. Framework™.

Her goal is to support and strategize with organizations in creating psychological safe spaces through programs that prioritize wellness.

Dr. Dominique offers business consulting to mental health clinicians to help maximize their expertise in and out of the office while navigating the rollercoaster of business to prevent burnout.

Offers and packages can be customized. Let's chat today!

# Dr. Dominique

## AS A MEDIA CONTRIBUTOR

As a media contributor, Dr. Dominique's insights have been shared locally, nationally, and internationally through editorials, podcasts and media appearances.

Her expertise is delivered in a manner that is personable as well as real, relevant and relatable to diverse audiences.

### AS SEEN & HEARD

**The New York Times**   **shondaland**   **YAHOO! NEWS**

**Women'sHealth**

**BBC RADIO LONDON**



**ALVERNO COLLEGE**  
ESTABLISHED 1887

**WIPPS**  
WISCONSIN INSTITUTE for  
PUBLIC POLICY and SERVICE



**Women In Leadership  
Development and Empowerment**  
TOGETHER FOR BETTER COMMUNITIES!



**LIHF**  
LifeCourse Initiative  
for Healthy Families  
Kenosha



**RAMSEY COUNTY**



**KENOSHA NEWS**

**91.1FM WGTD**  
Your Gateway to Public Radio

**Kenosha.com**



**THE ASPIRE™  
PROGRAM**

**All of Us  
RESEARCH PROGRAM**



**the morning BLEND**  
KPFA.org



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# Dr. Dominique

## AS A CREATIVE

As a creative, Dr. Dominique uses sewing as a conduit to educate and model coping skills to help others prioritize their wellness.

She is the curator of Sew'n Self™ which is a workshop designed to help women and girls develop a self-care strategy and build sisterhood while sewing super dope projects.

The goal is to support participants with identifying opportunities to sew into themselves without guilt.

Also, Dr. Dominique is the curator of the Ask a Therapist Tour™ which is a community tour supported through sponsorships designed to normalize therapy, shatter stigma and explore the benefits of therapy.

## LET'S CONNECT!

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