



## ABOUT KRISTIN MACDERMOTT

Kristin MacDermott is a licensed marriage and family therapist and the founder and creator of the MacDermott Method. She is the author of *It Takes Two Minutes to Shift Your Mindset and Build Resilience*.

Kristin's resilience training programs have been validated in four studies (including two randomized-controlled trials) with researchers for the Duke Clinical Research Institute, published in peer-reviewed journals, and proven to promote clinically significant improvement in key resilience measures, including distress, anxiety, depression, PTSD, and self-efficacy.

She has developed resilience training programs for some of the highest performing people on the planet, including the Navy SEALs and the Los Angeles Police Department.

Her resilience training programs have been used in more than twenty hospitals across the country, in the Duke Cancer Institute, and in the National Institutes of Health, among others. She has also created programs for college, high school, and middle school students.

Kristin holds a bachelor of arts from Duke University and a master's in clinical psychology from Antioch University. She has also completed advanced training in Mind-Body Medicine at the Center for Mind-Body Medicine in Washington, D.C. and at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital.

She is the co-founder of Pathfinders, an Aspen-based nonprofit dedicated to improving the lives of people living with cancer as well as those experiencing grief. She also helped start Zero Hour Expeditions, a nonprofit that helps combat veterans reintegrate into civilian life and overcome the effects of PTSD by experiencing 30-day wilderness trips.

Kristin has been married to Michael for 28 years and is the proud mother of their three resilient children—Connor (22), Griffin (18), and Riley (14). The family lives in Florida with their giant Akita.

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