

Dr. Dawn Sheree Paramore
Empowering Minds | Transforming Lives

About Dr. Dawn Sheree Paramore

Dr. Dawn Sheree Paramore is a licensed psychotherapist, trauma recovery expert, award-winning author, and motivational speaker committed to destigmatizing mental health and empowering individuals to lead authentic, purpose-driven lives. As the CEO of **Tranquil Solutions for a Centered Mind, LLC** and **Total Renewal Wellness Center**, she specializes in trauma-focused therapy, maternal mental health, and resilience-building programs. She is also the visionary behind **Camp Bliss Kids**, a mental health camp providing life skills and emotional support for children.

Accomplishments and Recognition

- **Education:**
 - Doctorate in Prevention Science
 - Master's in Community Counseling, Wilmington University
 - Bachelor's from Norfolk State University
- **Certifications:**
 - Licensed Professional Counselor of Mental Health (LPCMH)
 - Certified Advanced Alcohol and Drug Counselor (CAADC)
 - Certified Prevention Specialist (CPS)
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Specialist
- **Leadership Roles:**
 - CEO, Tranquil Solutions for a Centered Mind, LLC
 - CEO, Total Renewal Wellness Center
 - Founder, Camp Bliss Kids
- **Public Speaking and Media:**
 - TEDx Speaker on postpartum depression and maternal mental health
 - Featured in **Speaker's Magazine (March Edition)** and **Courageous Woman Magazine (May Edition)**
 - Contributor and on-air expert for **DETV**, with a featured appearance on **Baltimore's Fox 45**
 - Keynote speaker at national conferences on trauma, resilience, and mental health, including Wilmington University's graduation
- **Publications:**
 - Award-winning, bestselling author of *I AM Enough* and *Destiny Exposé*
 - Focuses on themes of forgiveness, resilience, and overcoming impostor syndrome
- **Community and Leadership:**
 - Member of **Alpha Kappa Alpha Sorority, Incorporated**
 - Initiated at the Delta Epsilon Chapter, Norfolk State University
 - Currently serving the Sigma Zeta Omega Chapter

- Advocate for equity and underserved communities through mental health initiatives
 - **Notable Achievements:** - Recognized for addressing complex health disparities, particularly in maternal mental health
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Key Offerings

- **Signature Programs and Talks:**
 - "From Pain to Purpose" — Helping individuals rediscover inner strength and authenticity
 - "The N.O.W. Method" — Corporate resilience training
 - **Services:**
 - Trauma-focused therapy for individuals and families
 - Mental health resources tailored for corporate professionals
 - Empowerment and self-care workshops
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Social Media and Contact

- **Social Media:**
 - Facebook, Instagram, Twitter: **@DrDawnSheree**
 - YouTube: Supporting single moms with practical tips
 - **Website:**
 - www.DrDawnSheree.com
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Dr. Dawn Sheree Paramore is available for keynote speaking, panel discussions, media appearances, and collaborations. For booking inquiries, please visit her website or connect via social media.