



## **Dr. Dawn Sheree Paramore**

Trauma Expert | TEDx Speaker | Licensed Psychotherapist

### **Short Bio**

Dr. Dawn Sheree Paramore is an award-winning, bestselling author, TEDx speaker, and licensed psychotherapist specializing in trauma, mental health, and resilience. With a Doctorate in Prevention Science, she is recognized for her expertise in addressing health disparities and equipping individuals and organizations with strategies for sustainable growth. As the creator of the R.I.S.E. Framework, she transforms complex mental health concepts into practical, life-changing solutions.

### **Medium Bio**

Dr. Dawn Sheree Paramore is an award-winning, bestselling author, TEDx speaker, and licensed psychotherapist with over a decade of clinical experience specializing in trauma, mental health, and prevention science. She holds a Doctor of Social Science from Wilmington University, where her research focused on health disparities affecting premenopausal Black women with breast cancer. As the creator of the R.I.S.E. Framework, she empowers individuals and organizations to break cycles of trauma and achieve sustainable growth. A trusted media expert, she has been featured on FOX45 Baltimore, SiriusXM, and DETV.

### **Long Bio**

Dr. Dawn Sheree Paramore is an award-winning, bestselling author, TEDx speaker, and licensed psychotherapist recognized as a leading expert in trauma, mental health, and prevention science. With more than a decade of clinical experience, she has worked extensively with diverse populations impacted by trauma and systemic inequities. Dr. Paramore holds a Doctor of Social Science in Prevention Science from Wilmington University. Her doctoral research examined health disparities affecting premenopausal Black women with breast cancer, contributing to critical conversations surrounding equity in healthcare. As the founder and CEO of Tranquil Solutions for a Centered Mind, she leads trauma-informed therapeutic services and collaborates across behavioral health systems. As the creator of the R.I.S.E. Framework, she empowers individuals and organizations to break cycles of trauma and achieve sustainable success. Her expertise has been featured on FOX45 Baltimore, SiriusXM, and DETV. She is a sought-after keynote speaker who continues to equip audiences with tools to thrive mentally, emotionally, and professionally.