



Dr. Dawn Sheree Paramore

DSocSci, LPCMH, NCC, CAADC, CPS, TF-CBT

Trauma Expert | TEDx Speaker | Licensed Psychotherapist | Keynote Speaker

302-383-5011 | info@DrDawnSheree.com | www.DrDawnSheree.com

PROFESSIONAL PROFILE

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 is recognized for her ability to bridge clinical research, lived experience, and real-world application to create transformative outcomes for individuals, organizations, and communities.

She holds a Doctor of Social Science in Prevention Science from Wilmington University, where her doctoral research focused on health disparities affecting premenopausal Black women with breast cancer - providing critical insight into the intersection of trauma, health inequities, and systemic barriers to care.

As the creator of the R.I.S.E. Framework (Recognize, Identify, Strategize, Elevate), Dr. Paramore equips audiences with actionable strategies to break cycles of trauma, improve emotional wellness, and achieve sustainable personal and professional growth.

Her TEDx talk, "Even Therapists Break: Behind the Professional Smile," positions her as a leading voice on high-functioning burnout, resilience, and mental health awareness.

AREAS OF EXPERTISE

- Trauma & PTSD
- Prevention Science & Health Disparities
- Maternal Mental Health & Postpartum Depression
- Adverse Childhood Experiences (ACEs)
- Burnout & High-Functioning Stress
- Substance Use & Recovery
- Workplace Mental Health & Organizational Wellness
- Crisis Intervention & Behavioral Health Systems

DOCTORAL RESEARCH & ACADEMIC CONTRIBUTION

Doctor of Social Science (DSocSci), Wilmington University

Dissertation: A Prevention Study of Health Disparities Affecting Premenopausal Black Women with Breast Cancer: A Quantitative Comparison

- Conducted quantitative research examining systemic inequities in healthcare outcomes.
- Analyzed social determinants of health and their impact on early detection and treatment.
- Contributed to ongoing conversations surrounding equity in women's health and prevention science.
- Applied research findings to clinical practice and community-based interventions.



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CLINICAL & PROFESSIONAL EXPERIENCE

Founder & CEO - Tranquil Solutions for a Centered Mind (2016-Present)

- Provide trauma-informed therapy, crisis intervention, and clinical treatment planning.
- Specialize in working with children, adolescents, and families impacted by trauma.
- Deliver individual, family, and community-based therapeutic services.
- Integrate prevention science and behavioral health strategies into treatment models.

Behavioral Health Consultant / Systems of Care Specialist - Prevention Behavioral Health

- Collaborate with multidisciplinary teams to support at-risk youth and families.
- Provide clinical consultation and behavioral health program development.
- Facilitate system-wide coordination across schools, agencies, and care providers.

CLINICAL & PROFESSIONAL EXPERIENCE, CONTINUED

Intensive Outpatient Therapist & Supervisor - Jewish Family Services of Delaware

- Delivered intensive therapeutic services for children, adolescents, and families.
- Supervised clinical staff and supported licensure development.
- Provided crisis intervention and coordinated care with community stakeholders.

Additional Clinical Experience

- Therapist - Ferris School for Boys (Adjudicated Youth).
- Outpatient Therapist - Serene Minds.

AUTHORSHIP & PUBLICATIONS

- I AM Worthy (Bestselling Anthology)
- Destiny Exposé: The Anthology - Leading Ladies Edition
- I AM Enough (Bestselling Anthology)
- What is a Courageous Woman: 100 Empowering Affirmations to Live Bold and Fearless

MAGAZINE FEATURES & RECOGNITION

- Featured in Courageous Woman Magazine
- Featured in Speaker's Magazine
- Named Top 50 Women of 2025 by Courageous Woman Magazine
- Featured twice in Making Headline News

MEDIA, TELEVISION & PRESS

- DETV - Her Perspective (Lead Host)
- DETV - Every Woman
- Focus Areas: Mental Health, Sexual Assault, and Community Issues
- FOX45 Baltimore (Featured Expert)
- SiriusXM with Sharrarne Morton

Radio & Podcast Features

- The Stroke Diva Fabulous Show (Spotify)
- Up Sis UP with Dr. Marcea Whitaker
- The Dr. Roz Show Podcast - Episode: Her Rights, Her Body: Conversations on Reproductive Rights
- The Happy Entrepreneur Show with Che Brown



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KEYNOTE & SPEAKING ENGAGEMENTS

- TEDx UStreet Women (2025)
- Keynote Speaker - Women of Heart Awards (London, England)
- Commencement Speaker - Wilmington University (2023)
- Built to Last Women's Empowerment Conference
- Night Before Greatness Conference

PANELS & FORUMS

- Women Elevating Women
- NAACP Mental Health Forum - Middletown, Delaware
- Diaspora Government Contract Forum with Dr. Ogo Ekwueme
- Women of Heart - London, England

AWARDS & HONORS

- Women of Heart Award - London, England
- Passion, Purpose, Peace Award (Presented by Dr. Teresa Moseley)
- No. 1 Bestselling Author
- Top 50 Women of 2025
- Counselor of the Year Nominee

CORPORATE & COMMUNITY WORK

- LEEP, Inc.
- Lifelines, Inc. (West End Neighborhood House Partnership)

EDUCATION

- Doctor of Social Science - Wilmington University
- Master of Community Counseling - Wilmington University
- Bachelor of Arts - Norfolk State University

LICENSURE & CERTIFICATIONS

LPCMH | NCC | CAADC | CPS | TF-CBT Certified