

PEGGY ELAM, PH.D.

NASHVILLE, TN—Peggy Elam is a clinical & consulting psychologist, healer, journalist, poet, artist, and founder of Pearlsong Press, Inc., based in Nashville, TN. She has an M.S. and Ph.D. in clinical psychology from Vanderbilt University and has been in private practice since 1989, working with adults and older adolescents.

Dr. Elam's bachelor's degree from Mississippi University for Women (1977) is in journalism and English. She worked as a newspaper reporter, editor, and columnist for several years before entering graduate school in 1983, and continues to express herself and reach out to entertain and educate others through creative and journalistic writing.

She served as the Emotional Health & Well-being Expert for iVillage, Inc.'s AllHealth.com website from January 1998 through December 2000. As iVillage's expert on emotional and mental health issues, she wrote a question-and-answer column, occasional commentary and articles for WorkingDiva.com (another iVillage affiliate) and AllHealth, and hosted a weekly chat session on emotional health issues.

She has also published poetry in *Radiance* magazine and *The Journal of Sacred Feminine Wisdom*. Tulip Poplar Press of Middle Tennessee State University published a limited edition letterpress poster of her poem "Sacred Space" in early 2004.

The publishing company she founded, Pearlsong Press, Inc. (www.pearlsong.com), is dedicated to providing personally empowering mind-body-spirit-positive fiction and nonfiction that entertains as well as enriches and informs.

Dr. Elam has been guest “speaker” for chat sessions on America Online (“Holiday Stress and Depression”), WebMD (“Stress and Eating”) and the Something Fishy Website on Eating Disorders, in addition to hosting her own weekly chat session at Allhealth.com for several years. She has been interviewed and quoted by local and national media, including the *Wall Street Journal*, the *Chicago Tribune*, the *Nashville Tennessean*, the *Nashville City Paper*, *Mademoiselle*, *Teen* magazine, *American Salon*, BBC television, Nashville public television, Baltimore, MD public television, and writers for Rodale Press, on issues ranging from anxiety to eating disorders and body image to menopause.

She has also provided consultation to individuals, agencies, and organizations including the National Cattlemen's Beef Association, iVillage.com, the Veterans Administration psychology service, and Rogaine for Women.

Dr. Elam's holistic focus on integrating mind, body, & spirit led her to study various spiritual and “alternative” healing practices over the years, from ancient mystery schools to Native American medicine wheels to the psychological acupuncture techniques of Thought Field Therapy and Emotional Freedom Techniques to Reiki, Healing Touch, and craniosacral therapy. Her studies culminated in formal training in massage & bodywork through the Natural Health Institute in Nashville, TN in 2001, after which she became additionally licensed as a massage therapist, a license whose scope of practice includes the subtle body work and “energy” healing techniques in which she is most interested. For the past several years she has focused her studies primarily on the spiritual self-education teachings and techniques of Keylontic Science and its healing modality, the Kathara Bio-Spiritual Healing System™, and has become a certified Kathara Healing facilitator.

Dr. Elam's psychology and psychotherapy training includes client-centered/humanistic, cognitive-behavioral, psychodynamic, family systems, depth psychology, and

Peggy Elam bio

Enjoy ~ Enlarge ~ Enlighten ~ Enliven ~ *your Self*

personal coaching. She blends these and other approaches in a collaborative relationship in which she helps people find and honor their own truths.

Dr. Elam lives in Nashville, TN with her husband, Jeff Berry, RN, an occupational health and psychiatric nurse, four cats and three dogs.

Professional offices held:

1995 President, Nashville Psychological Association

2000 President, Tennessee Women in Medicine

*1999-2001 Editor,
International Society for the Study of Dissociation News (newsletter)*

*Served on the Board of Directors of the Tennessee Psychological Association as newsletter editor
for two years in the mid-1990s.*

Professional Advisory Board member:

Council for Women's Nutrition Solutions

GirlForce

Member:

International Center for the Study of Psychiatry and Psychology

American Psychological Association

Nashville Area Psychological Association

Association for Size Diversity and Health

Kathara Alliance

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