



## **Pamela Thompson** **Psy.D.**

Dr. Pamela Thompson is a psychologist-turned-professional life coach specializing in: (a) performance enhancement (e.g., academic, physical fitness, public speaking); (b) assertiveness training (including personal and professional boundary-setting); and (c) healthy development and enhancement of relationships (e.g. professional team-building, family, male-female). She has helped approximately 100 clients a year to clarify their thought processes and life's vision while strengthening problem-solving, decision-making, and communication skills.

Dr. Thompson has catered significantly to the Christian community, providing services for adult males and females, married couples and adolescent females. In support of this population, she is a member of the network of providers associated with two nationally syndicated radio shows: "New Life Live" and "The Dave Ramsey Show." In addition to her work with clients of all faiths and backgrounds, she is an online columnist with [Divorce360.com](http://Divorce360.com), a website dedicated to helping those contemplating, going through, or adjusting to divorce. She is also a contributing writer for [Pink Magazine](http://PinkMagazine.com) online.

Dr. Thompson has owned Building Bridges to Better Lives, P.C. since 2004. Prior to owning and operating her private practice, she worked as a psychologist at Metro State Prison for women in Atlanta where she oversaw the mental health assessment of some 50 new inmates a week and facilitated several groups on the subjects of "forgiving yourself," "emotional eating," "choosing to live," and "empowering minds." Based on her experiences at the prison, she co-authored a chapter on "Mood Disorders in Incarcerated Women" in a textbook entitled [Health Issues Among Incarcerated Women](#).

Psychology is a second career for Dr. Thompson. Previously, she worked in public relations in various capacities for Mayors Andrew Young and Maynard Jackson. Her last position with the City of Atlanta was Executive Director of the Atlanta Clean City Commission where she focused her efforts on neighborhood beautification and recycling efforts. She is a native Atlantan educated at the University of Georgia where she received her B.A. in journalism (concentration in public relations) and the Georgia School of Professional Psychology where she received her M.A. and Psy.D. in clinical psychology. She completed her clinical internship at the University of Tennessee (Memphis Consortium) and her post-doctoral fellowship at Metro State Prison for Women. She has been licensed to practice psychology by the state of Georgia since 2002.

In her spare time, Dr. Thompson has enjoyed playing competitive amateur tennis for 10 years, long-distance bike-riding, ballet dancing, jogging, traveling, reading, cooking, and playing Scrabble.