
SUSAN HEITLER, PHD



Clinical psychologist Dr. Susan Heitler, a graduate of Harvard and NYU, gets credit for being the first to bring understandings of conflict resolution into the realm of psychotherapy.

Her book *From Conflict to Resolution*, an integrative theory and techniques for therapists, received consistently positive reviews such as "...the best of psychotherapy" from Contemporary Psychiatry.

Then, for couples wanting to improve their marriage, Dr. Heitler wrote *Power of Two* and *The Power of Two Workbook*. These books have been translated into six foreign language editions including Turkish, Hebrew, Chinese, Portuguese and Polish. Based on the *Power of Two* books, Dr. Heitler and several of her adult children created *PowerOfTwoMarriage.com*, an interactive online marriage education program.

Dr. Heitler's master therapist video on couples therapy, *The Angry Couple*, is used in training programs globally. She has lectured on her treatment methods in China, Australia, Europe and the Middle East where she recently keynoted a 1st Arab psychology conference in Beirut.

For the general public, Dr. Heitler's *PsychologyToday.com* blog has received over 7 million clicks. She blogs also for *YourTango.com*, and is known as an excellent speaker.

Dr. Heitler and her husband, married over 45 years, enjoy four married adult children and, thus far, 14 grandchildren.



CONNECT WITH DR. SUSAN HEITLER



<http://prescriptionswithoutpills.com/>



<https://www.facebook.com/Prescriptions-Without-Pills-For-Depression-Anger-Anxiety-and-More-1655457124716251/?fref=ts>

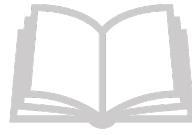


<https://www.linkedin.com/in/susan-heitler-998221a>



www.twitter.com/DrSusanHeitler

BOOKS



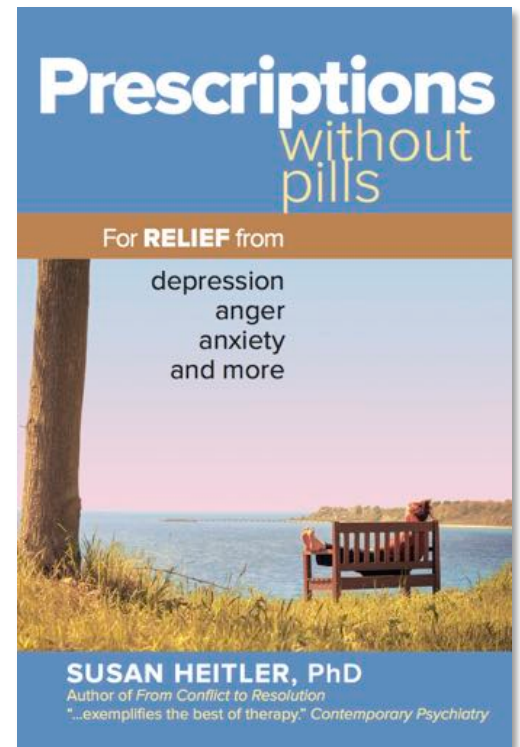
With so many advances in medical science, psychological medications are often prescribed as the first step in treatment of only mild-to-moderate depression, anxiety, or other disorders. While medication can work miracles for disorders on the severe side of the spectrum, the potential side effects outweigh the benefits. Clinical psychologist Susan Heitler offers therapy interventions that work and can be self-administered from the comfort of home.

Prescriptions Without Pills: for Relief from Depression, Anger, Anxiety, and More

Have you ever felt discouraged? Worried? Locked in habits that tempt but hurt you? Or irritated more often or more intensely than you or your loved ones would like? These negative states, the common colds of mental health, can easily feel unpleasant, and, like colds can become pneumonia, could lead to a worse disorder. You could consider getting a therapist, or taking pills to make the distress go away. Now you have a third option.

Prescriptions Without Pills offers remedies for feeling down, worried, or mad. Medications for negative emotions pose risks of side effects like weight gain, loss of libido, and emotional numbness—and at the same time do not help you to fix the underlying problem. By contrast, *Prescriptions* helps you to solve the problems that provoked the negative emotions so you can enjoy emotional smooth sailing and well being.

Negative emotions don't have to dictate lives. *Prescriptions Without Pills* gives those struggling with negative emotions the tools they need to feel confident that even when those negative emotions do arise, they can respond in ways that lead to a return to feeling good. Both individuals who are experiencing negative emotions and therapists looking to expand their therapeutic repertoire will benefit from Dr. Heitler's innovative approaches to sustaining well-being.



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REVIEWS



Dr. Susan Heitler has done it again! This book is chock-full of life-changing information, practical exercises, and sound advice. These days more and more people feel trapped in the web of medication and drugs. This refreshing book provides an alternative, a holistic pathway to real emotional health. A must-read for all: younger, elder, lay people, clergy, and therapists.”

– *Chana Levitan, MSc Author of I Only Want to Get Married Once and That’s Why I Married You!*

“Dr. Susan Heitler provides constructive solutions for dealing with the emotional distress we all at times experience. Wish I’d read this twenty years ago! A valuable must-have-on-hand book that I am recommending to family and friends.”

– *Linda Keller, Author of Mother and You Can Stop Longing*

INTERVIEW TOPICS



- Why Not Pills? The Benefits of Avoiding Pills for Emotional Distress
- Dark Cloud of Depression... What Causes Depression and What Releases It
- Can Anger Be Good? How to Tell the Difference Between Good and Harmful Anger
- How Anxiety Can Protect You and How You Can Overcome It’s Adverse Effects

SAMPLE QUESTIONS

***About 10 per topic**

1. Why not just take pills for emotional distress?
2. DEPRESSION: what causes a dark cloud of depression and what releases it?
 - a. How are the causes of depression in animals similar to what triggers depression in people?
 - b. How can you tell if you are depressed or just off your game?
 - c. What quick test that you can do on your own can help you identify the trigger for your depression?
 - d. What are the downsides of taking pills for depression? TV ads make it look like taking pills are such a simple right step if you feel down.

- e. What can someone you love be doing that may be triggering depression in you? Are you doing things that trigger depression in someone you love?
 - f. What seven well-researched, free, and surprisingly easy actions can you take to lift depression's dark cloud without having to see a therapist or take pills?
 - g. Can ceasing to take an anti-depressant medication likely to trigger a worse depression that you had when you first started taking the pills?
 - h. How do people think differently when they feel depressed?
3. ANGER: What good does it do and how can you prevent it from doing harm?
- a. How can you tell if you get angry too often?
 - b. How and when is anger good for you?
 - c. What's generally the best first thing to do when you feel anger rising within you?
 - d. What mental health disorders are characterized by too much anger? Does gender affect which diagnostic labels get applied?
 - e. What happens to your effectiveness at solving problems as you begin to feel angry?
 - f. When you express anger at others, what is the likely impact on them? Does anger make it more likely that they will do what you want?
 - g. Can people really change how often, and how intensely, they get mad?
 - h. When does getting mad at loved ones become abusive?
 - i. What is the impact of Donald Trump's anger on voters?
4. ANXIETY: What makes people sometimes become like a deer in headlights?
- a. What are your options if you experience a sudden wave of anxiety?
 - b. In what ways does anxiety protect you?
 - c. What is a panic attack, and what can you do if you think you are having one?
 - d. What does worrying tell you that you need to do?
 - e. What is the best antidote to anxiety?
 - f. What can you do if you are feeling anxious about the up-coming elections?
 - g. What can you do if you to stop getting anxious in performance situations?

SAMPLE SOCIAL MEDIA PROMOTIONS



Here are a few tweets and Facebook posts that you can use to promote Dr. Heitler's book. Alternatively, you can create your own.

- Have you ever felt discouraged? Worried? Find out how to defeat these common colds of mental health in @DrSusanHeitler's new book #PrescriptionsWithoutPills
- Negative emotions don't have to dictate your life. Learn how to change your habits and get back to enjoying life in #PrescriptionsWithoutPills

PUBLIC SPEAKING



Susan presents dynamic and engaging teaching as she blends content with experiential demonstrations of clinical interventions. As an accomplished therapist, she imparts knowledge in a warm, confident and believable style that inspires others to follow in her footsteps. Susan speaks to audiences in these areas:

- **How can parents help their children with negative emotions like worry, sadness, anger, and hurt feelings?**
- **What are the costs to businesses of depression, and how can a business create a culture that minimizes employee depression?**
- **What mistaken mental health habits does Donald Trump model for Americans?**

You can connect with Dr. Heitler to find out more and book your speaking opportunity at:
<http://precriptionswithoutpills.com/speaking/>