



# Dr. Sue Cornbluth

- Family Counselor, Certified Parenting Coach, Author, and TV Contributor  
Education - Healthcare

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***“There isn’t one person in this world that hasn’t experienced something painful. We have a choice to either let these experiences consume our lives, or let them be what they are; a part of our life.”***

**D**r. Sue Cornbluth set out on a journey to make a difference in the lives of children and parents when she earned a Master of Arts in Counseling Psychology from Arcadia University (Glenside, PA) in 1995. And while working on her Doctorate of Clinical Psychology from Chestnut Hill College (Philadelphia, PA), she began providing counseling for foster children in 1999.

***“I’ve learned that in the worst of times, children and families can become successful in life if you provide them with the appropriate educational tools and personal dedication. I helped traumatized children build the highest of self-esteem. My philosophy has always been to show each and every one of my clients that I believe in their potential in spite of what they have been through.”***

In 2002, Dr. Cornbluth moved from counseling foster children to teaching psychology classes at Penn State University and Temple University (for 10 years).

***“I realized that I wanted to teach others how to do the work I was doing and empower young minds to see that they could make a big impact on others’ lives.”***

In 2011, she wrote a training manual called ‘The Ambiguous Foster Child’, which is used by professionals across the world. Dr. Cornbluth also began providing commentary on childhood trauma and mental health issues for networks such as MSNBC, FOX, NBC, and CBS in 2011.

***“My commentary on the Jerry Sandusky Penn State scandal and the Sandy Hook Elementary School shootings catapulted my television career.”***

She fed her true passion for helping foster children the same year by writing the best-selling book, ‘Building Self-Esteem in Children and Teens Who are Fostered or Adopted’. The book was published in 2014 by Jessica Kingsley Publishing and voted 2014’s Must-Read Adoption Book of the Year by Adoption.net.





***“I’m extremely proud of that book, because it provides professionals and parents with tools to help traumatized kids.”***

In 2012, Dr. Cornbluth founded Parenting Beyond Trauma, LLC; a parent coaching company to help parents learn how to cope with high conflict parenting situations such as divorce and parent alienation. She also became a Certified Breakthrough Parenting Coach in 2015.

***“My goal in providing parent coaching is to always treat others as I would want to be treated. I always go the extra mile to help my clients.”***

In 2014, she was named Top Professor and Child Advocate by the Good Will Ambassador for World Peace for her work with families and children; and honored as a Faculty Mentor of the Year by Temple University.

Throughout the years, Dr. Cornbluth has also contributed to several national publications and wrote an acclaimed monthly parenting column in Parents Express magazine. She even provided foster care trainings for two foster care facilities in Pennsylvania and was a board member for the Terri Lynn Lokoff Foundation (which promotes early childcare learning).

Dr. Cornbluth’s passion for helping others was influenced by her mother and Nana. They taught her how to be a strong, direct, and independent woman. This passion is why her work doesn’t feel like work to her.

***“I have this desire within me to see people learn how to parent their children to become successful, giving, and loving individuals. I believe it can happen within any family, given the proper tools and openness to learn. Making a difference in people’s lives who are struggling is such an empowering feeling. Knowing I’ve had something to do with that is one of the most amazing feelings in the world. Some people are addicted to chocolate, whereas I’m addicted to affecting other people’s lives in a positive way.”***

Yet, with everything she has accomplished in her life to date, her biggest accomplishment is being a wife and a mother to her children.



# Q&A

**Q:** Why is your high conflict parent coaching work so crucial for families today?

**A:** *We live in a world where divorce rates are very high. People struggle looking for where to turn to for help, while trying to keep their family intact. Divorced parents can learn to co-parent after divorce and prevent their children from having emotional consequences.*

**Q:** What is the main key to helping divorced parents co-parent effectively?

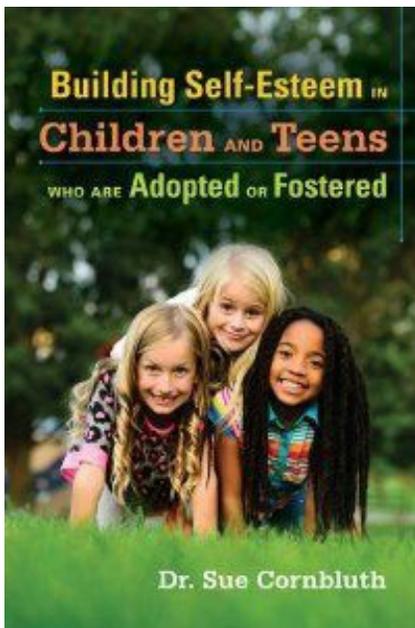
**A:** *The one thing that divorced parents tend to hang onto following a divorce is their anger towards one another. This is a normal response; however, it blocks them from compromising and doing what is in the best interest of their children.*

**Q:** What separates your parent coaching business apart from other business?

**A:** First, we only provide counseling and coaching services for high conflict parenting situations. Second, we focus on parental alienation and provide clients with a strategic plan to implement. Most of all, we treat our clients as we would want to be treated ourselves.

**Q:** How do you empower your clients to take control of their high conflict parenting situations?

**A:** *First, I try to instill and teach my clients that they have to become empowered mentally as individuals. They have to learn to believe in who they are and what they are capable of accomplishing. Self-belief is the key to moving through most difficult parenting situations.*



**Q:** How can individuals recover from traumatic experiences in their lives?

**A:** *One step at a time; the most important aspect of recovering from traumatic events is to begin to see yourself as a survivor of the trauma, not as a victim.*

**Q:** What would you tell children who are struggling with their self-esteem and self-worth?

**A:** *I tell them that they have the opportunity to define who they are: "You define you."*

*It's not always about how others see you; it's about how you see yourself. No one can take that away from you.*

**Q:** What is the most rewarding aspect of working with families?

**A:** *The most rewarding aspect of my work is seeing progress in family situations that appeared to be impossible. Nothing is better than watching clients put a great deal of energy and work into changing, and then seeing the results.*

**Q:** Do you think that parents seek professional help as often as they should when it comes to family issues?

**A:** *I think things are improving in this area, but we are not quite there yet. There is no shame in reaching out for help as a parent. I'm a parenting expert and still need help sometimes. No one is a perfect parent.*

**Q:** What is your best advice for parents raising kids today?

**A:** *I advise parents all the time to be their kids' best role models. This doesn't mean that you don't make mistakes along the way. However, when you do make a mistake, take responsibility for it. Your kids will respect you more for doing so.*

**Q:** Where do you see yourself in five years?

**A:** *In five years, I see myself continuing as the President of Parenting Beyond Trauma, LLC. Currently, we're expanding to offer online classes. I will continue to help parents and families manage high conflict parenting situations. I would also love to have my own talk show that focuses on parenting topics. (A girl can dream can't she?)*

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