



Dr. Sue Cornbluth is a nationally recognized expert in high conflict parenting situations and childhood trauma. Dr. Sue was recently named "2016 Woman of the Year" in the field of Education and Healthcare by Women of Distinction Business Magazine. In addition, she has been honored as Top Advocate and Professor for Human Rights by the Goodwill Ambassador for World Peace.

Recognized for her energetic no-nonsense approach to parent's most challenging topics, Dr. Sue Cornbluth, also known as "Dr. Sue," is not afraid to express her opinions about the most controversial topics, and is often referred to as a *powerhouse* for child advocacy.

Dr. Sue is a regular mental health contributor for an array of networks and television shows, and has contributed to several national publications including *Associated Press*, *USA Today*, and *The Huffington Post*. She can speak on a wide range of issues including, divorce, child abuse, natural disasters, estranged relationships, pop culture and current events.

Dr. Sue believes that parents and their children can move through and beyond traumatic situations with strategic and educational tools, to live successful and productive lives. She is a firm believer that childhood traumatic situations are a part of one's life but they do not define everything about who you are."

Her bestselling book, *Building Self-Esteem in Children And Teens Who Are Adopted or Fostered*, offers parents and professionals hands-on strategies to help the abused and or neglected child move through and beyond their trauma and develop healthy self-esteem.

Dr. Sue says that it is her own children age 10 and 7 that have inspired her to teach other parents that "We need to be our children's best role models, even when tragedy occurs."

[About Dr. Sue](#)

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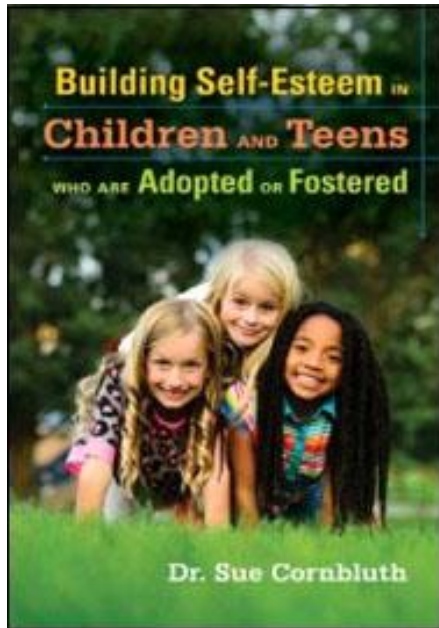
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Building Self-Esteem in Children and Teens Who are Adopted or Fostered



How to give your adopted or fostered child the best opportunities to grow up to be happy, healthy and successful?

"Dr. Sue taught me that just because you have been adopted or fostered it does not mean you can't grow up to be happy, healthy and successful."

– Nyleen Shaw
Foster Care Survivor and Advocate

In *Building Self-Esteem in Children Who Are Adopted or Fostered*, Dr. Sue offers simple and practical tools to those supporting children aged 7+ to help them move beyond their trauma and build healthy self-esteem. The book explains how self-esteem develops, why adopted and fostered

children often have low self-esteem, and how this can affect them. Dr. Sue describes proven techniques to help traumatized children gain confidence, showing how you can play a powerful role in your child's happiness.

Full of useful advice and effective techniques, this book is ideal for foster and adoptive parents, social workers, teachers and therapists, as well as other professionals working with children who are fostered or adopted.

If you are struggling on how to breakthrough to your adopted or fostered child, you are about to discover the parenting tools to take your child from struggling to thriving.

"This book offers important insight into why adopted and foster teens struggle with self-esteem and offers valuable strategies when helping these teens. Cornbluth's book is required reading for anyone who is working with these children, and is a great resource."

– John DeGarmo, speaker, trainer, foster parent and author of
The Foster Parenting Manual and Keeping Foster Children Safe Online

Voted 2014 Must Read Book for Adoptive Parents By www.adoption.net

www.dr.sueandyou.com

Media

Recent Television Appearances

ABC 7 Detroit: Ask Dr. Nandi: [Coping with Being Raped](#) (Dec. 15, 2015)
NBC10 Philadelphia: [Parenting Adopted Children](#) (November 18, 2014)
NBC10 Philadelphia: [Local Doctor Discusses Robin Williams Passing](#) (August 12, 2014)
PHL17 Philadelphia: [Building Self Esteem in Inner City Kids](#) (July 23, 2014)

Other Television Appearances

NBC10 Philadelphia: [The Road to Parenting For Nia Vardalos: Instant Mom](#) (June 2013)
FOX29 Philadelphia: [Jerry Sandusky Histrionic?](#) (August (2013)
NBC10 Philadelphia: [Jerry Sandusky Verdict](#) (October, 2013)
ABC6 Philadelphia: [Jerry Sandusky Guilty?](#) (October, 2013)
NBC10 Philadelphia: [Ohio Girls Found Alive: Ariel Castro Verdict](#) (August, 2013)
NBC10 Philadelphia: [Teaching Stranger Danger To Your Children](#) (February, 2013)
NBC10Philadelphia: [Talking to our Kids about the Boston Marathon](#) (April, 2013)
Comcast Network: It's Your Call Lynn Doyle: [Guns Mental Illness and Sandy Hook Shooting](#) (April, 2013)
Comcast Network: It's Your Call Lynn Doyle: [What is Next For Penn State's Football Program](#) (January, 2014)
Comcast Network: It's Your Call Lynn Doyle: [The Impact of Child Abuse](#) (April, 2012)
CBS3 Philadelphia: [Helping Kids Build Self Esteem](#) (October 2012)
NBC10 Philadelphia: [Wednesdays Child](#) (December, 2012)
NJ-13 Media Steve Aduato One on One: [The State of Foster Care in America](#) (October, 2011)

Recent Articles

Print Contributions

Huffington Post: [Getting Your Groove Back After Divorce](#)
Dr. Laura Family: [Hopeful Parenting When Your Kids are Emotionally Hurting](#)
The Good Men Project: [10 Things Kids Need When their Parents Divorce](#)
She Knows Parenting: [Post Adoption Depression](#)
Associated Press: [How Do You Talk to Your Kids After the Connecticut Shooting](#)
The Giro (MSNBC): [How to Talk to Your Kids About Trauma](#)
Foster Focus Magazine: [Are You Ready to Be a Foster Parent?](#)
Yahoo Shine: [Mom and Son Reunite on Facebook](#)
Philadelphia Inquirer: [Victim 1 Says "Sandusky Became a Predator"](#)
Philadelphia Inquirer: [Penn State Child Abuse Conference](#)
Metro Kids: [After the Adoption](#)
Metro Kids: [Kid's and the Boston Marathon Shooting](#)
Radar Online: [The Dangers of Kids on Reality TV Shows: Kate Gosslin Story](#)
Star Magazine: [Arianna Grande Parents Divorce](#)

Examiner: [Don't Stay in Marriage Only for Your Kids: It's Not Helping Them or You](#) (2014)
Examiner: [What We Really Need To Understand About The Ray Rice Incident](#) (2014)
Examiner: [Peterson and Child Abuse](#) (2014)
Examiner: [Raising Confident Kids](#) (2014)
Examiner: [Divorce Can Hurt Your Family](#)
Examiner: [Co-parenting after the divorce: Not an easy task](#)
Examiner: [Helping My Child through Divorce](#)
Examiner: [9 Tips to Heal from Childhood Trauma](#)
Examiner: [Where do Parents Turn When Tragedy Strikes Your Family](#)
Examiner: [Helping Your Child heal from Trauma](#)
Examiner: [Impact of Emotional Abuse of your Child's Development](#)

Parenting Express Magazine: [Talking to Kids About School Shootings](#)
Parenting Express Magazine: [The Lessons you can teach your children this year at school](#)
Parenting Express Magazine: [How do I talk to my Child about Adoption](#)
Parenting Express Magazine: [Cultivate Your Relationship With your Child](#)
Parenting Express Magazine: [Dealing With Trauma](#)
Parenting Express Magazine: [Trauma and Rebuilding Trust](#)

Suggested Segment Ideas for Dr. Sue Cornbluth

1. School shootings, natural disasters. Parents do not have to be "speechless." What do I say to my child/teen to help them cope with their feelings after they experience or witness a traumatic situation? Dr. Sue reveals her top 3 tips to help your child/teen feel at ease.
2. While stranger abductions are rare, all parents worry about keeping kids safe. Does your child know what to do when approached by a stranger? Dr. Sue provides her 4 expert tips on teaching your kids about stranger safety.
3. Parents are very concerned about risks to their children when they use the Internet. There *are* serious dangers, especially when kids reveal personal information in online social environments. Dr. Sue offers parents 4 crucial tips to keeping your children safe from adult content and strangers online.
4. How do I empower my child to move through a traumatic situation? Dr. Sue reveals how she "empowers" children to transition from seeing themselves as "victims" of circumstances into a "survivor" of circumstances.
5. How to raise confident kids? Is it okay to let my kids fail? Dr. Sue reveals her 5 tips to how experiencing failure can lead your child to success.
6. How do I increase self esteem in abused children and teens? The main issue abused children suffer from is low self- esteem. Dr. Sue reveals her "Triple Self-Esteem Empowerment System," which includes (1) Education (2) Embracing and (3) Empowerment!
7. Become your Child's "Best Role Model." Dr. Sue offers you her 3 stage plan for becoming your child's most important adult influence in their lives.
8. Mom/Dad, please don't make me choose between you! High Conflict Divorce: In high-conflict divorce, children often feel torn between choosing sides. Dr. Sue explains how to avoid this dangerous pitfall for parents and what to do if this is already happening.
9. How do I co-parent with my ex-spouse who I can't stand? Dr. Sue's 3 secrets to having an amicable parenting relationship.
10. Are you an Adoptive Parent? What every adopted child needs from their adoptive parents to live a productive and successful life. Dr. Sue reveals how important it is to provide adopted children with a (1) their own sense of identity (2) feeling of resilience, and a (3) sense of belonging.

Media Photos



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