



Elizabeth Cook, PhD, is a licensed psychologist who has spent eight years as a therapist and the past six years in particular working with college & graduate students, as well as postdoctoral fellows. Her theoretical orientation is integrative, with a combination of person-centered, multicultural and feminist approaches, as well as the utilization of techniques from Dialectical Behavior Therapy. She has a particular interest in working with people of intersectional, marginalized identities and seeks to help people better understand their own subjective world.

Her research has largely been focused on the intersection of race & gender, specifically as it relates to Black women. This has included assisting in the creation of the Black Body Image Scale, as well defining internalized misogyny and subsequent creation of the Internalized Misogyny Measure. She has also assisted in the creation of a handbook for a microtherapy, a therapeutic practice created and established at Mindful Care.