



DR. FOSTER

Dr. Foster practices psychotherapy for individuals, couples and families. Implementing cognitive behavioral and psychoanalytic interpretation and interventions.

- ***Assessment***
- ***Diagnosis of Disorders***
- ***Holistic Approach***
- ***Help Patients Build New Patterns***
- ***Unravel Behaviors***
- ***Teach Patients to Self Identify***

Erin Foster, Ed.D, LMFT

Appearing on medical-based programs like Dr. Drew and the Doctors, Dr. Erin Foster brings approachability and science-based facts to the psychology of current events and relationship struggles. You can find Dr. Foster on television, consulting on films, in corporations, Universities, or one-on-one therapy sessions. In each capacity, Dr. Foster helps patients self-identify the core of their struggles, unravel behaviors, and responses that motivate their decisions and relationships.

Growing up, Erin was driven and always strived to do her best, and then some! At the heart of her ambition was a sincere desire to help animals and children in need. It's this drive and compassion that defines the woman she has

become and the unique approachability and empathy in her therapy practice and consultations. Children, patients in her office, or studio audiences, all take away tools and advice that shift their behaviors for the better and allow them a life of positive response and empowerment.

Dr. Erin Foster lives and works in Southern California. She spends her downtime with friends, many of which she's had since preschool. Most of her time is spent with her best friend, her daughter. They take advantage of the California outdoors and are often found surfing and skiing. When they aren't water or mountain adventuring, they are keeping their Bernese mountain dog from chewing up the furniture and hiding from the cats.



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DR. FOSTER

Consulting

Contributing panelist for **Dr. Drew**

Contributing expert for **CrimeWatch**

Creative Consultant for MTV's "**Are You The One?**" **Season 1**

Creative Consultant for MTV's "**Are You The One?**" **Season 2**

Creative Consultant for MTV's "**Are You The One?**" **Season 3**

Behavioral Analyst for VH1's "**Naked Dating**"

Psychological consultant on feature film **Brutal**

Corporate Consulting

Private Banks

Speaking Engagements

The State of our Teens

An interactive educational forum with insights from local law enforcement, therapists and attorneys on creating awareness and safety for adolescents.

Is Anybody Listening?

An informative presentation on skills for communicating with adolescents, providing insights on how to help kids manage stress and cope with pressure.

21st Century Learning Conference

Exploring effective and creative ways of evolving the educational system through creativity, communication, collaboration and critical thinking

Asian Women in Business Event: Female Identity in Business: Creating balance in your identity as a woman and a woman who is successful in business.

Philanthropy and Art for the Woman of Wealth Organization of New Port CA/Orange County: The psychology of philanthropy and the gifting of art as a means of creating increased mental health for the aesthete and those giving.

Freedom for You Organization- Palos Verdes: Girl Wise: Teaching girls social skills, coping with peer pressure, decision making, setting boundaries.

On Air Analyst

The Doctors

Deadly Sins

HLN

Discovery ID

Crime Watch Daily

Love at First Bite

Take Part LIVE



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