

*I'm a Clinical Psychologist and Optimal Performance Consultant steeped in the science of human potential. Let's dig deep to boost understanding, elevate performance, and increase connection.*

*My dynamic approach is evidence-based and collaborative.*

*I'm direct, down-to-earth, and non-judgmental.*

*I distill perplexing questions into digestible chunks of information.*

**DR. RBF**

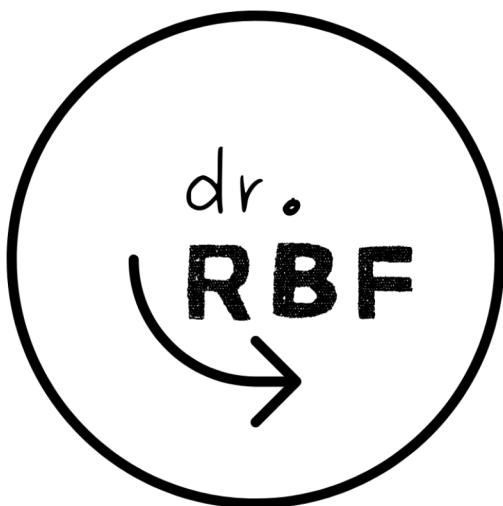


## DISCUSSION TOPICS / IDEAS

- General Psychology / Wellness
- Optimal Performance
- Neurobiology
- Mindfulness / Yoga / Meditation
- Couples / Family / Parenting Concerns
- Food as Medicine

## PREVIOUSLY FEATURED AT

- Canyon Ranch
- Tufts Medical School
- Psychodynamic Couples and Family Institute of New England
- Boston Institute of Psychotherapy
- Boston College
- Harvard-Vanguard Medical Associates



## CONTACT



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