

Ann Kearney-Cooke, PhD



Dr Ann Kearney-Cooke is a New York Times bestselling author, wellness coach and sought out professional speaker on woman's health and wellness. She is a credible source who has been trained to translate latest scientific research into practical strategies to help individuals live a more rewarding and healthy life.

For the last twenty five years, she has been sought out by the media for insight and guidance in dealing with self-esteem issues, parenting advice, overcoming emotional eating, overcoming anxiety, increasing joy and happiness in daily life and strategies to manage

transitions of life (e.g. motherhood, divorce, loss, job change, retirement etc.)

In a comfortable and supportive atmosphere, Dr. Ann offers a highly personalized results-oriented approach. Her motto is "The time for change is now!" As a wellness coach, she focuses on people's signature strengths, unique skills and resources.

Through empathic listening and use of evidence-based strategies, she helps individuals define the goals that are important to them (or identify barriers to them living a better life) and provides a toolkit to achieve more balanced and happy life. Using motivational interviewing, guided imagery, positive psychology, structured journaling and strategies from dialectical behavior therapy, interpersonal psychotherapy, and action and commitment therapy, Dr. Ann helps clients reach their goals and make sustainable changes.

Dr. Kearney-Cooke has served as an expert for the Office of Woman's Health, National Secrets to Self-Esteem Program for Girls, International Dove Real Beauty campaign for women. She is also a Distinguished Scholar at Columbia University.

She is known for her warmth and wisdom. She is married and a mother of four adult kids.

Dove Real Beauty Campaign



New Dove Beauty Experiment: Dove Patches

A video highlighting the research on the role of the power of suggestion and women's perceptions of their own bodies.

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Ricki Lake's newly shaved head inspires other women to open up about hair loss

Ricki Lake's Facebook page was flooded with comments after she addressed her nearly 30-year battle with hair loss.



Jan 2, 2020 - According to Dr. Ann Kearney-Cooke, a Cincinnati-based psychologist and body image expert, anxiety and depression are common side effects of hair loss in women.

"Luxurious hair is associated with beauty and good health, so it affects the body image of a person and their self-esteem," Kearney-Cooke told TODAY Style. "When a woman's hair falls out, it leads to doubts about their appearance and how people are going to see them."

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Stalked by her stepfather for 10 years, this woman found a way to heal

In the wake of the #MeToo movement, Sarah Garone shared her experience of being stalked by her "sociopath" stepfather.

September 24, 2019 - Ann Kearney-Cooke, a psychologist at the Cincinnati Psychotherapy Institute, who did not treat Garone, said that people often do not know how to act when a friend has been through a horrible ordeal. Yet, listening, being curious and empathetic, and offering to be there can help people process traumatic events.

"People often don't know what to say. Sometimes they say, 'just forget about it' or 'move on,' and it probably makes the person feel worse because they feel like they wish they could forget about it and move on," Kearney-Cooke told TODAY.

Simply offering to chat makes people feel like they have somewhere to turn when they need support.

"Just be an active listener," Kearney-Cooke said. "A person who is listening with empathy and caring helps the victim think more clearly and get a clearer perspective."

She's not surprised that when Garone shared her story, it helped her heal.

"When one person puts their voice out there, it helps other people to not feel so much shame and to feel empowered and together in a community. And again, trauma heals through this connection," Kearney-Cooke said. "Writing about it and the podcast helped her reclaim some personal power."

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Worried about a bad impression? Study reveals we're more likable than we think

When making new acquaintances, people often underestimate how much they're liked

Psychologist Ann Kearney-Cooke, who did not participate in the study, hopes the study helps people feel more confident. "One thing that surprised me is how, in general, people think that other people didn't enjoy the conversation," the director of the Cincinnati Psychotherapy Institute told TODAY. "I want people to realize that you are not alone. That most people feel this and that in fact their perceptions are not right."

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Woman's World

August 12, 2019 – Change one word. A shift in thinking can quash self-doubt, says psychologist Ann Kearney-Cooke, PhD. “Instead of saying, ‘I’m not going to get this job because I’m too old,’ for example, tell yourself, ‘I’m having the thought that my age is an issue.’ Then ask yourself if this is really true: Are there folks your age working? Challenging distorted beliefs sparks optimism.”

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Ask America's Ultimate Experts

“Help me feel less insecure”



With all of life's pressures, it's easy to fall into the “I'm not good enough” trap. To the rescue: Top experts share the proven ways to boost your confidence—and celebrate all you're capable of

Silence inner doubts
“Fence in” the past

The source of some of our most deep-seated insecurities? Often someone in our past made us doubt ourselves, says confidence expert Karol Ward. “If that's the case, picture yourself in a space with them, separated by a fence,” she suggests. “This helps you see, ‘Oh, that's not *me* saying these things about myself—it's X person,’ and that distance allows you to separate yourself from old insecurities.”

Change one word

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Focus on abundance

Low self-confidence often goes hand in hand with a mentality of *scarcity*, says psychologist Barbara Markway, Ph.D. “In other words, we think we don't have enough beauty, brains or moxie to be where we want to be. But most of us are surrounded by abundance,” she says. Replace a “scarcity thought” like, “I don't earn as much as my friends” with “abundance thoughts”: “I have a job that lets me visit family every year.” When we're grateful for the positives, our insecurities shrink in comparison.

Boost your self-belief
Assert your right to thrive

The most common insecurity that Ward sees is a feeling of incompetence, which often leads to unwillingness to advocate for ourselves. Her solution? “Take a small action, then immediately acknowledge it. So if insecurities about your body are keeping you from, say, taking an aqua aerobics class, first explore the lessons offered, then pat yourself on the back. The next day, see which class fits into your schedule, and on the third day, watch a class. Such tiny steps lead us to be more and more assertive.”

Try this “affirmation”

Sweeping statements like, “I'm a winner” are too exaggerated for our brains to believe—instead, use “coping statements,” which acknowledge your insecurity while reassuring you that you can handle it. Says Markway, “Just focus on a statement that puts your fear in perspective, such as, ‘If I stutter during my speech, no one will care, and I'll take a few deep breaths and start over.’ Then remind yourself that you *can* cope.”

Allow for vulnerability

“We often fear that if others really saw us, they would reject us,” says Markway. “But the opposite is true: Vulnerability is how we connect. When people see that you're worried or scared, they say, ‘I am too!’ If you perceive a ‘flaw,’ share it with someone you trust. Living with authenticity takes a weight off your shoulders and brings you closer to those around you.”

Our expert panel

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|  <p>Karol Ward, L.C.S.W., author of <i>Find Your Inner Voice</i>, is a psychotherapist and confidence expert who has contributed to many media outlets, including Oprah.com.</p> |  <p>Ann Kearney-Cooke, Ph.D., (DrAnnKearneyCooke.com) author of <i>Change Your Mind, Change Your Body</i>, is a psychologist at the Cincinnati Psychotherapy Institute.</p> |  <p>Barbara Markway, Ph.D., is a psychologist and author of <i>Dying of Embarrassment</i> and <i>The Self-Confidence Workbook</i>. Learn more at BarbaraMarkway.com.</p> |
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Kathy welcomes Ann Kearney-Cooke, Ph.D. and they talk about binge eating disorder treatment through the wellness lens. They discuss how shifting the focus to wellness became easier for their clients when their clients became aware of how much they were gaining in life satisfaction rather than what they had to give up or deprive themselves of.

[Listen online](#)

Renfrew Center Conference



Inspired by Laura Ling at the Renfrew Center Conference (November 2019) as she described 140 days in captivity in a North Korean prison. She shared how meditation, yoga, brief communications with family and connecting with the guards helped her mentally survive inhumane conditions. In my neuroscience-based coaching wellness program I teach resiliency skills which enable clients to successfully navigate life's most difficult challenges.

Research

Predictors of Successful Aging for Women: Listen to Our Voices, Honor Our Wisdom

May 2017 – Present: This research will challenge the dominant Western social construction that devalues and discriminates against aging women. Through quantitative research methods, participants will fill out scales that measure level of life satisfaction, attachment style, body image, and eating behaviors. Either through an open-ended questionnaire or a forty-five-minute interview, participants from different racial and ethnic groups will share the strategies they use to manage the aging process. Aging women will have the opportunity to share the wisdom they have gained throughout their lifetime. They will describe the difficult and positive aspects of aging and what they learned about aging and the role of the older women in their culture. Results will then be used in a scientific article and shared with the public.

Recent Talks

International Association of Eating Disorders Conference – February 2019

Ann Kearney Cooke, PhD spoke at the International Association of Eating Disorders Professional conference February 7, 2019 in Palm Springs California. She spoke on the opening day of the conference on “Advances in the Treatment of Body Image and Eating Disorders.” She shared what she has learned from thirty years of research and development of treatments for body image dissatisfaction, body image distortion and obsession with appearance. She described the factors in an individual life which lead to body obsession, body hatred and low self-esteem. She covered treatment techniques to help eating disorder patients overcome anorexia nervosa, bulimia nervosa and binge eating disorder, as well as creative strategies to help individuals accept and take care of their body regardless of their shape or weight.

Kenwood Country Club – February 2018



Ann Kearney-Cooke, PhD, spoke at Kenwood Country Club February 15, 2018. The title of her talk was “How to Live a Happier More Joyful Life”. Based on scientific research and ancient wisdom she described the role of gratitude, forgiveness, power of suggestion, healthy relationships, exercise, and living a meaningful life play in life satisfaction and happiness. In an engaging and entertaining manner, she shared practical choices individuals can make each day to experience more joy in their life. Ann had given an earlier version of this talk at Google and is available to speak at conferences, corporations, spas, and other venues about happiness as well as other wellness topics and positive aging.

Indian Hill School District

Dr. Kearney-Cooke spoke to parents about helping your children develop self-compassion and healthy self-esteem in a talk titled “How to Raise Healthy, Happy and Resilient Kids!”

Honors and Awards

- 2012 - National Eating Disorders Association Craig Johnson Award for Clinical Practice and Training
- 2008 - Archdiocese of Philadelphia Distinguished Graduate Award/Inductee into Archdiocesan Hall of Fame
- 2005 - Ohio Psychological Association Outstanding Psychologist Award
- 2000 - Distinguished Scholar, The Partnership for Gender Specific Medicine, Columbia University, New York
- 2000 - YWCA Career Woman of Achievement, YWCA of Cincinnati, OH

Books

- **[The Life You Want: Get Motivated, Lose Weight, and Be Happy](#)** by Bob Greene, **Ann Kearney-Cooke, PhD** and Janis Jibrin, MS, RD (2010)
- **[Change Your Mind, Change Your Body: Feeling Good about your Body and Self after 40](#)** by **Ann Kearney-Cooke, PhD** with Florence Isaacs (2004)