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Dr. Carleah East, LMHC, Kicks Off College Speaking Tour to Help Students Overcome Emotional and Mental Challenges

St. Petersburg, FL - February 26, 2018 – Dr. Carleah East, a St. Petersburg, Florida, Clinical Psychotherapist, Licensed Mental Health Counselor, Professor of Psychology, and Author has begun a national college speaking tour designed to help students overcome personal challenges, *Mask Off: Confronting Emotional & Mental Hang-ups*.

“Although women account for 57 percent of enrollees at degree-granting institutions, it’s worth noting that the backdrop of sexual harassment, catcalling, rape, and objectification, continues to exist on campuses everywhere,” notes East. “Today’s young women may be academically prepared, but a larger share are finding themselves socially unprepared, with a constant struggle for finding validity. That is simply not acceptable!” she exclaims.

The speaking tour includes signature presentations: (1) Anxiety & Stress: Recognizing Triggers & Effective Coping (2) Sexual Assault & Emotional Addiction: Date Rape Awareness & Abusive Relationships, and (3) Empowerment & Authenticity: Become L.O.V.E. (Ladies Operating w/Vision & Enrichment).

Institutions of higher learning interested in having Dr. East travel to their campus to speak, may make a request through her website by submitting the [Presentation Request Form](#), under the Guest Speaker Tab.

ABOUT CARLEAH EAST, PH.D., LMHC

Dr. Carleah East is a Clinical Psychotherapist, Licensed Mental Health Counselor, Professor of Psychology, Speaker, and Author of the recent release: *The Hangover: Overcoming Emotional Addiction – 12 Steps for Emotional Sobriety*. The book is available for purchase through her website: <http://thesapphirewoman.com/>.

East attended the University of Central Florida in Orlando for her Bachelor of Arts in Psychology with a minor in Sociology. She obtained a Masters of Arts in Mental Health Counseling from Argosy University and was awarded a Ph.D. in General Psychology from Capella University. She operates a private practice called S.M.I.L.E – Solving & Managing Issues w/ Love & Enrichment and is a Psychology Professor at St. Petersburg College. To learn more, visit: <http://thesapphirewoman.com/>, also connect @TheSapphireDiva on Facebook, Twitter, and Instagram.

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