



**Current Bio:**

Dr. Hamlett received her doctorate in clinical psychology from The University at Albany, State University of New York. She completed pre-and postdoctoral fellowships in the Department of Psychiatry at Yale School of Medicine and served as an Instructor and Assistant Professor in the Department of Psychiatry at YSM for six additional years. Dr. Hamlett also holds a Master's Degree in Special Education from the University at Maryland, College Park. Over the span of two decades, beginning with her career in special education, Dr. Hamlett has developed expertise in the treatment of complex psychiatric problems, child development, complex trauma, race-based traumatic stress, personality, and psychological assessment. In addition to her academic pursuits, Dr. Hamlett conducts forensic and school-based psychological evaluations, provides DEI consultation and training, and helps companies create sustainable, organizational wellness programs focused on creating communities of safety and healing employee burnout. In this latter regard, in recent years, Dr. Hamlett has begun to closely examine the impact of work burnout on employee mental health and wellness. Having struggled with her own burnout in the past, Dr. Hamlett is extremely passionate about helping other professionals create balance and wellness in their lives.