

**Robin Stern, Ph.D.**, is the Co-Founder and Senior Advisor to the Director, Yale Center for Emotional Intelligence. She is a licensed psychoanalyst with over 30 years of experience treating individuals, couples, and families.

Robin is also the co-developer of RULER (an acronym for the five key emotion skills of *recognizing, understanding, labeling, expressing, and regulating emotions*) an evidence-based approach to social and emotional learning that has been adopted by over 4,500 schools across the United States and in 27 other countries.

Drawing from her extensive experience as a psychoanalyst and a researcher, she co-founded [STAR Factor coaching](#) to bring emotional intelligence training to leaders coaches in schools, businesses and healthcare. She also is the co-founder of [Oji Life Lab](#), a digital emotional intelligence learning system for businesses. Most recently, she co-created [How We Feel](#), a new app designed to teach emotional language and enhance well-being.

Besides co-founding and co-developing programs and tools for schools, businesses, and individuals, Dr. Stern is also an author who wrote the critically acclaimed book, '[The Gaslight Effect](#)' and the follow-up workbook, '[The Gaslight Effect Recovery Guide](#)', which in turn led to the production of **The Gaslight Effect Podcast**. Her latest book, '**Emotional Intelligence for School Leaders**' co-authored with Janet Patti will be released in November 2023.

Dr. Stern serves on the advisory board for several organizations, including **Crisis Text Line**, **Think Equal**, and **The International Society for Emotional Intelligence**. She has also consulted with many different organizations such as **Facebook**, **Samsung**, **Google** and a multitude of hospitals and companies on the application of emotional intelligence in education, management and leadership, as well as parenting and social and emotional learning.



## CONSULTATION PROJECTS



### Publications:

Emmons, R., Stern, R. Gratitude as a Psychotherapeutic Intervention Journal of Clinical Psychology: In Session.

Stern, R., Moretti, F, Richner, A., Elbertson, N. Cultivating Emotional Intelligence in a Digital Terrain. In Durlak, J. A., Domitrovich, C. E., Weissberg, R. P., & Gullotta, T. P. (Eds.). (in press). Handbook of Social and Emotional Learning: Research and Practice. New York: Guilford

Patti, J., Senge, P., Madrazo, C., Stern, R. Growing School Leaders Who Can Grow Learning Cultures In Durlak, J. A., Domitrovich, C. E., Weissberg, R. P., & Gullotta, T. P. (Eds.). (in press). Handbook of Social and Emotional Learning: Research and Practice. New York: Guilford

Stern, R. and Martin, C. (2011) Project Rebirth: Survival and the Strength of the Human Spirit from 9/11 Survivors. Dutton, New York.

Stern, R. (2007) (2017) The Gaslight Effect: How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life. Random House, New York.

Stern, R. Emotionally Intelligent Parenting (2006). In R. BarOn, K. Maree & M. Elias (Eds.), Educating People to be Emotionally Intelligent.

Elias, M. & Stern, R. (2005). Emotionally Intelligent Parenting. In Bar-On, R. & Elias, M. Survey Book in Current Emotional Intelligence Practice.

Shelton, C. & Stern, R. (2003). Understanding Emotions in the Classroom. National Professional Resources, New York.

Pellitteri, J., Stern, R., Ackerman, B. & Shelton, C. (2005). Emotionally Intelligent School Counseling. Lawrence Erlbaum Publishing.

Stern, R., Moretti, F. & Repa, T. (2003). Digital Technologies Enter the Classroom. In Patti, J. & Tobin, J. (Eds.) Smart School Leaders, Kendall Hunt.

Stern, R. & Rosenzweig, D. (2001). Risky Business. Flair. Spring 2001: Vol. 3, Issue 1.

### **Dr. Robin Stern is available for:**

- Keynote Speaking Engagements
- Guest Panelist Spots
- Podcast and Journalistic Interviews
- Brand Endorsements
- Legal Expert Testimony
- Guest Appearances
- Leadership Coach Assignments

Robin has traveled globally to lecture on emotional intelligence, women in leadership, how to gaslight proof your organization, and a myriad of related subjects including education, parenting, and sharing the work researched at the Yale Center For Emotional Intelligence.

### **Dr. Robin Stern is The Host of *The Gaslight Effect Podcast***

As host of [The Gaslight Effect podcast](#), Dr. Stern teaches listeners about the depths the term 'gaslighting' can take.

She continues to interview experts, victims, survivors and extraordinary guests about their personal stories and the many different gaslighting dynamics--from the unintentional gaslighter, the role it often plays in marriages and divorce, how "good parenting" can sometimes be gaslighting, gaslighting in cults, politics, at the workplace and medical scenarios. Robin's goal is to shed light on these stories with hopes of effectively supporting someone going through it and those listening who may be in a similar situation.

The Gaslight Effect podcast is available for free on all podcast platforms including: Apple Podcasts, Spotify, Google Podcasts, and Stitcher, as well as on her website.

## Media Appearances

Robin writes frequently and is interviewed regularly for popular media outlets including CNN, Good Morning America, The Today Show, National Public Radio, and ABC News.

### MEDIA APPEARANCES & CONTRIBUTIONS



Los Angeles Times

Psychology Today



The Washington Post

The Guardian



TIME

## Contact Information

### CONTACTS

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