

Short Bio:

After growing up in Montreal, Canada, [Psychotherapist](#) Media Expert Dr. Chantal Gagnon pursued her American dream and immigrated to the United States at age 17. She move to sunny South Florida and attend Florida Atlantic University where she received a Bachelors Degree in Criminal Justice, and Certificate in Women's Studies. Then, as life would have it, her career took a different path and she worked in healthcare administration and business consulting throughout her 20's. Feeling unfulfilled by her work, Dr. Gagnon quit her well-paying business job at age 31 and spent two months traveling to figure out her life. She decided to go back to school to refocus on what had always been her passion: psychology and counseling.

Since then, Dr. Gagnon has received a Masters Degree in Mental Health Counseling, a Masters Degree in Child Development (Developmental Psychology), and a Doctorate in Social and Personality Psychology. She is the co-author of the "NeuroPhysiology of Empathy" (a chapter in "[Empathy and Mental Illness](#)") and has presented research and workshops at conferences and other events on Mental Health, Relationships and Psychology topics.

Dr. Gagnon currently practices as a Psychotherapist, [Relationship Counselor](#), and Life Coach in Plantation Florida.

Long Bio:

After growing up in Montreal, Canada, Psychotherapist Media Expert Dr. Chantal Gagnon pursued her American dream and immigrated to the United States at age 17 on her own! She moved to sunny South Florida and attended Florida Atlantic University where she received a Bachelor's Degree in Criminal Justice, and Certificate in Women's Studies. During her undergraduate studies, Dr. Gagnon paid her way through school working as a private investigator and forensic technician intern (she assisted over 100 autopsies at the Dade County Medical Examiner's office in the 90's). As an undergraduate, Dr. Gagnon chaired a campus student organization focused on alcohol awareness and substance abuse prevention, she founded the campus chapter of the National Organization for Women, and is a founding sister of FAU's Phi Sigma Sigma sorority.

Then, as life would have it, her career took a different path and Dr. Gagnon worked in healthcare administration and business consulting throughout her 20's. Feeling unfulfilled by her work, she quit her well-paying business job at age 31 and spent two months traveling to figure out her life. She decided to go back to school to refocus on what had always been her passion: psychology and counseling.

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Abuse Professional (SAP), and is Board Certified in Professional Counseling.

Dr. Gagnon writes a compelling, informative and sometimes controversial mental health blog and has a YouTube channel where she offers tips and advice for leading a great life! She currently practices as a Psychotherapist, Relationship Counselor, and Life Coach in Plantation Florida where she teaches her clients to Find Happiness, Be Healthier, and Live Fully!

Contact:

954-559-2936

chantal@LifeCounselor.net