

Dr. Linda Lin

Clinical Psychologist-Mental Health
Expert-Psychology Professor



TOPICS

- Combating Isolation: The Science of Making Friends
- How to Build Connection in a Hybrid World
- Managing Stress & Anxiety
- Promoting Positive Body Image in Girls

SPOKEN AT

- Annual Meetings of Scientific Associations (ex. American Psychological Association)
- Colleges/Universities (Ex. BU Medical school, UMass Amherst)
- Hospitals (ex. Boston Medical Center)
- High Schools/Middle Schools (Ex. Miss Porter's School, Tenacre Country Day School and Needham Public Schools)
- Companies/Organizations (ex. Carefirst, She+ Geeks Out)

BIO

Dr. Linda Lin is an international expert on mental health who has conducted psychological research on well-being, body image, and health behaviors for the past 30 years and has published dozens of scientific journal articles and book chapters. She has given over 65 national and international presentations around the world and is currently a Professor of Psychology at Emmanuel College and was the Director of Social and Emotional Learning for Moms as Mentors. Dr. Lin has been featured in the Boston Globe, Washington Post, U.S. News and World Report, and Salon.

TESTIMONIALS

"Linda Lin is someone I'd recommend without hesitation for any group navigating disconnection, stress, or the challenges of remote life...She makes people feel seen and understood, while offering practical tools for building connection and reducing stress...Whether you're trying to support students, staff, or colleagues, Linda's work opens conversations that are pivotal for living a connected life in the modern age."

- Mara Bolis, Fellow at the Harvard Kennedy School of Government

"Dr. Linda Lin, Ph.D., delivers a deeply compelling, data-driven presentation on the rising trends and profound effects of loneliness and isolation, illuminating the transformative power of friendship and community." -Kristen Stants, Chief People Officer at Parabilis Medicines

Dr. Lin's presentation, 'The Science of Making Friends,' was an incredibly valuable resource for our Division of Student Affairs. It provided a compelling, research-backed exploration of the ... challenges students face in forming meaningful connections

- Kristen Pierce, Dean of Students, Emmanuel College