



<https://www.raquelmartinphd.com/>

*Dr. Raquel Martin*

INSPIRATION, AFFIRMATIONS, & EDUCATION

LICENSED CLINICAL PSYCHOLOGIST, ASSISTANT  
PROFESSOR, PODCAST HOST, PROFESSIONAL  
SPEAKER

MEDIA KIT

# Hi. I am Dr. Martin

LICENSED CLINICAL PSYCHOLOGIST, ASSISTANT PROFESSOR, AND RESEARCH SCIENTIST

Hello! My name is Dr. Raquel Martin and I am passionate about empowering and educating individuals about their mental health and wellbeing. I am a licensed clinical psychologist, researcher, author, podcast host, assistant professional speaker, and professor. Each of my roles provides me with a unique opportunity to build knowledge and informs the way I engage with others.



310.5K

TicTok Followers



135K

IG Followers



5.7M

Tik Tok Likes



103K

Podcast Likes

# Expertise

Dr. Raquel Martin is an Assistant Professor, Licensed Clinical Psychologist, Scientist, and Content Creator. Dr. Martin specializes in discussing the intricacies of the Black experience, trauma based interventions, coordinating community resources, and coalition building. As an Assistant Professor at the Historically Black University, Tennessee State University, Dr. Martin educates students about psychological sciences with an emphasis on decolonization, activism, and the implications of oppression on mental health. Dr. Martin's role as a professor grants her the ability to mentor, educate, and advocate for the next generation of clinicians. Dr. Martin's research interests include racism related stress, racial identity development, and curriculum development.

Dr. Martin owns Martin Psychological Services, Professional LLC. As a Licensed Clinical Psychologist Dr. Martin practices therapy, provides consultation services, and conducts workshops regarding multiple topics including anti-oppressive care, racial identity development & parenting, and racism related stress. As a practicing psychologist, Dr. Martin collaborates with patients to help them identify and resolve emotions, beliefs, and thoughts that are impacting their mental health.

Dr. Martin also prides herself on her ability to educate the general public on a wealth of topics from cognitive dissonance and anti oppressive care to the best way to rock a headwrap and statement earrings. Dr. Martin's content can be found at the intersection of culture and wellbeing. She creates informative skits and content on Tiktok, Instagram, and Facebook where she has over 400,000 followers tuned in to learn and laugh. Dr. Martin has been featured in Forbes, Essence, Buzzfeed, Insider, and more.

## SPEAKING TOPICS



- ✓ BLACK MENTAL HEALTH
- ✓ ANTI RACISM AND ANTI OPPRESSIVE CARE
- ✓ RACISM RELATED STRESS
- ✓ CURRICULUM DEVELOPMENT

## FEATURED IN:

**Parents**

**Forbes**



**WONDERMIND**

**ESSENCE**

**BuzzFeed News**

**NashvilleVoyager**



**THERAPY *for*  
BLACK GIRLS**



# Client Testimonials

Dr. Raquel had us laughing, nodding and taking notes throughout her entire talk. Our community is still raving about her and how much value they got from her presentation. If you're looking for a speaker who can make a complicated topic feel accessible and engaging, you're in the right place!

***Lexi Merritt, Founder - Pretty Decent Internet Café***

Chicago Women in Trades was looking to give our members a helping hand in mental health resources. After finding Dr. Martin and researching her services, it was a clear and easy decision to book her to discuss self-care tactics. The "Strategies for Self-Care" workshop covered the importance of self-care and how to develop a personal self-care plan. The workshop was conducted in an extremely easy manner, with simple suggestions for our members. They were engaged the entire time with questions, practices and personal assignments. Dr. Martin was received so well from our members, that we immediately booked another workshop with her! We highly recommend scheduling Dr. Martin as a mental health resource who brings expert knowledge, professionalism and humor into her work.

***Ebba Schmid  
Retention Specialist  
Chicago Women in Trades***

I really enjoyed this speaker's guest lecture! I thought that she shared a lot of valuable information in a way that was receptive to our age group. One thing that she said that stuck out to me was that anger is never just anger. This is a saying my mom used to always say to me. Whenever I was showing her anger she would ask "what are you afraid of?"

Sometimes it was frustrating, but in retrospect I am happy to have a mother that understood mental health. Therefore, I really liked the speaker and her message, as well as, the way she presented it.

***Anonymous  
Stanford University Student***

# Client Testimonials

I truly enjoyed the last Comfy Couch that was presented by Dr. Martin. She was extremely professional and came prepared to share her knowledge and tools with us. The presentation was informative and educational. She enthusiastically and thoroughly answered any questions from the group. As a parent, the presentation gave me a new perspective about how childhood trauma I experienced can affect my parenting as well as tangible tools to work on things in my past so I can limit their effects on mine and my children's futures.

**Cassandra Bataille**  
**Open Up Wellness**  
**Founder and President**

I had the pleasure of having Dr. Raquel Martin as a Keynote speaker for my online parenting conference and Dr. Martin provided an exceptional presentation covering children's mental health and suicide prevention from both a trauma-informed and decolonized perspective. Conference attendees not only left with a deeper understanding of the complex components of race and trauma but were also given transformational advice and book recommendations that made discussing these sensitive topics at home easier for parents dealing with systems that do not serve them. I highly recommend Dr. Martin as a speaker and workshop leader! Her personality and knowledge base makes her an exceptional asset to any initiative or institution interested in highlighting mental health in the Black community

**Yolonda Williams**  
**Podcast Host & Parenting Coach**  
**Parenting Decolonized**

Dr. Raquel is such an inspiration to Black women! Her engagement with her audience is what really sets her apart from others. She does a great job of making you feel like you can accomplish anything with the right mindset, positive attitude, and boundaries. Her goal to amplify the voices of Black Millennials which will magnify the voices of future generations doesn't go unseen.

**Nyesha Davis**  
**Community Assistant**  
**Therapy for Black Girls**

# The Podcast

## MIND YOUR MENTAL

Mind your mental is a podcast that seeks to educate, empower, and uplift those seeking guidance through the monumental world of mental health and wellbeing. Join Dr. Martin as she discusses how she manages her mental health as well as the mental health and well being of others as a Licensed Clinical Psychologist.



Mind Your Mental  
with Dr. Raquel Martin

## MOST DOWNLOADED EPISODES

**Ep3: You Are Entitled to Success**  
with guest Rachelle Beaudry

**Ep8: Why is Self-Care Important?**  
with guest Isabel Mercado

**Ep27: How to Find Your Peace**  
with guest Juliana Silva

**Ep22: Simple Self-care & Wellness  
Routine during a Pandemic**  
with guest Marceline Anderson

## STATISTICS

**350k+**

total podcast  
downloads

**18k+**

average monthly  
downloads

**5k+**

unique monthly  
visitors

**4.9**

podcast rating

## MY AUDIENCE

**65%**

women

**78%**

18-50 yrs old

**67%**

USA



## SPEAKING ENGAGEMENTS

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- Keynote
- Workshops
- Trainings
- Seminars
- Panel Discussions

## WHAT YOU CAN EXPECT

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Partnering with Dr. Martin one should expect in-depth knowledge on the importance of Black mental health, racial identity development, and anti-racist/ anti-oppressive care. She will help participants learn how to manage stress, anxiety, and depression, as well as how to set and achieve personal goals. Her interactive presentation style will keep participants engaged and motivated.



## GET IN TOUCH

"We are only as educated as the narratives that are shared"

-Dr. Raquel Martin

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