

Biography of Carol D. Goodheart, EdD



Carol D. Goodheart, EdD, is a scholar–practitioner in independent practice in Princeton, New Jersey. Her career integrates practice, research, and service to psychology. Dr. Goodheart works at the intersection of physical and mental health, practice and science, humanism and scholarship.

Before becoming a psychologist, Dr. Goodheart trained as a nurse. She worked in urban emergency medicine and intensive care, as well as rural public health on two Native American reservations. She earned her doctorate in counseling psychology from Rutgers University, and she specializes in the treatment of individuals, couples, and families coping with physical diseases or disabilities.

In addition to her practice, she has served at Rutgers University's Graduate School of Applied and Professional Psychology in a number of roles: clinical supervisor, contributing faculty, and committee on continuing education. She is a founding partner of two organizations: PsychHealth, PA, a multi-specialty mental health practice offering treatment services, program design, and consultation, primarily in health psychology; and W2W, LLC, dedicated to the development and dissemination of materials designed to build strengths, promote health, and enhance quality of life for women. She has been a leader in APA for almost two decades.

Publications

An author and editor, Goodheart has published extensively on health, women and the practice of psychology. Her books include:

- [Evidence-Based Psychotherapy: Where Practice and Research Meet](#)
- [Treating People with Chronic Disease: A Psychological Guide](#)
- Handbook of Girls' and Women's Psychological Health (Worell and Goodheart, Oxford University Press)
- [Living with Childhood Cancer: A Practical Guide to Help Families Cope](#)

She served as a consulting editor or editorial board member for *Professional Psychology: Research and Practice*, the *Journal of Clinical Psychology*, and *Pragmatic Case Studies in Psychotherapy*.

Honors and awards

- Fellow of APA
- [Division 29](#) (Psychotherapy) Distinguished Psychologist Award for Lifetime
- [Division 17](#) (Society of Counseling Psychology) Best Practice Award
- APA Presidential Citation

- Distinguished Practitioner in the National Academy of Psychology
- Distinguished Psychologist of the Year awards from [Division 42](#) (Psychologists in Independent Practice) and the New Jersey Psychological Association