



Dr. Geri-Lynn Utter,
Psy.D

CLINICAL PSYCHOLOGIST &
AUTHOR

PRESS KIT

DR. GERI-LYNN UTTER, PSY.D

Dr. Geri-Lynn Utter, PsyD, is a clinical psychologist who specializes in working with those struggling with co-occurring mental health concerns, such as trauma and drug addiction. Her expertise in the field of psychology has captured the attention of prevalent media outlets regionally and nationally, such as FOX Business, MSN, Insider, Health.com, Suburban Life, and the Philadelphia Inquirer.

Dr. Utter's motivation for choosing this field was personal. As a child, she frequently witnessed the familial turmoil and violence that arise from such issues. These experiences gave her a rare insight into how our life experiences and the way we see ourselves impact our mental health, both positively and negatively.

Dr. Utter's experiences have left scars on her soul, which she sees as marks of wisdom that have shaped her understanding of human behavior. She tries to understand what makes people do the things that they do, and this curiosity and desire to help others, is what drove her to pursue a career as a psychologist.

In 2020, Dr. Utter released her first book, *Mainlining Philly: Survival, Hope and Resisting Drug Addiction*, which resulted from her desire to share her story and instill hope in others. The book is based on her life experiences and challenges as a result of her parents' struggles with drug and alcohol addiction, and other mental health concerns like major depressive disorder and severe anxiety.

Dr. Utter currently lives in a Philadelphia suburb with her husband and two children. When she is not practicing psychology or writing, she can be found on the soccer field or basketball court cheering for her kiddos.



Our mental health impacts how we move through life. My new book, 'Aftershock: How Past Events Shake Up Your Life Today' addresses how life traumas like divorce, changing careers, raising kids, losing a loved one - the list goes on - are an inescapable part of the human experience. Weeks even months can pass before realizing that we aren't sleeping well, feel irritable, anxious, or just 'blah'. These symptoms are a delayed response to the traumatic event we experienced - the aftershock. This book will help readers understand that it's okay to not want to make lemonade out of the lemons that life throws you. In fact, it's completely normal to feel compelled to grab the lemons and throw 90-mile-an-hour fastballs at everyone or anything that has impacted your confidence. We all have life traumas that we will be faced with and this book is here to help you through them.

- Dr. Geri-Lynn Utter



PRESS INQUIRIES:

Jessica Olenik, Brick + Vine PR // jolenik@brickandvinepr.com // (732)740-5751

EXPERTISE

FREQUENT SPEAKING TOPICS



- ✓ Anxiety & Stress Management in Adolescents & Adults
- ✓ Co-occurring Disorders (i.e. when an individual is struggling with both alcohol use disorder & depression)
- ✓ Addiction & Its Impact on the Family System
- ✓ The Opioid Epidemic & the Dangers of Illicitly Manufactured Fentanyl Being Used for Counterfeit Pills Such as OxyContin™, Percocet™, Zanax™, Klonopin™ & The Danger of Xylazine (street name - "Tranq") for People Who Use Drugs
- ✓ Parenting: The Challenges of Raising Kids
- ✓ Parenting: How Pressure Associated with Academic & Athletic Performance, in Adolescents, Affects Mental Health
- ✓ Polysubstance Abuse & Alcohol Abuse
- ✓ Mental Health & Wellbeing in the Workplace
- ✓ The Importance of Developing a Positive Self-Concept
- ✓ How Striving for "Perfection" Can Be Detrimental to Mental Health
- ✓ How Social Media Impacts Mental Health
- ✓ Mental Illness & Its' intersection Within the Criminal Justice System

AS SEEN IN



Book Reviews

“What a page turner! You absolutely cannot put this book down. Mainlining Philly is an inspiring story about Dr. Geri-Lynn Utter’s life and what made her into the person and clinician she is today. She has taken the leap of putting her story out there for the world to read. This book is there to teach you about addiction and how it impacts everyone involved. If you’re looking to understand the world of addiction, the struggles, and how it changes life this book is a must. If you want a lesson without feeling like you’re being taught read this book you won’t regret it.”

- Amazon Reader Review of Mainlining Philly

“Dr. Utter’s book "Aftershock: How Past Events Shake Up Your Life Today," is the beginning of therapy for Everyone. As she describes it, you realize on completion of the book, that everyone would benefit from talking to a mental health professional, especially one who is as insightful and able to read in between the lines of your thoughts like Dr. Utter. Dr. Utter lays out the groundwork from the beginning of the trauma, then takes you on a step-by-step experience on how to address it. At the end of each chapter, there is a brief "Let’s Review" section that pinpoints the important issues discussed. Dr. Utter’s humor and self-acknowledgment that she too benefits from therapy, puts a person, even the most reluctant, at ease in understanding how to seek help and comfort. From the beginning, her personal stories are intertwined to explain how our psyches works. She then breaks it down into humorous examples for better understanding. At times, the "lol" written on the pages really turned into "Laugh Out Loud" [moments] for me. I truly can say that I could not put this book down until finished and then wanted more!"

- Jan Widerman DO, FACOP, FAAP, FAOAAM, FASAM (physician) Review of "Aftershock"

A PSYCHOLOGIST FOR THE PEOPLE

QUICK FACTS

- Dr. Utter is a "psychologist FOR the people" who helps others understand that everyone – no matter who you are – can struggle with mental health concerns.
- Dr. Utter is dedicated to helping patients overcome their past and create a healthy future.
- Dr. Utter has personally overcome familial and personal challenges to become a clinician with rare, real-world insight into addiction and other mental health concerns.
- Dr. Utter is the author of 'Mainlining Philly: Survival, Hope and Resisting Drug Addiction' and upcoming psychology/self-help book 'Aftershock: How Past Events Shake Up Your Life Today'
- Dr. Utter is a compassionate and knowledgeable clinical psychologist with comprehensive experience in forensic psychological assessment, co-occurring disorders and medical affairs.
- Dr. Utter collaborates with healthcare professionals and the Courts to determine the appropriate course of mental health treatment. Provide comprehensive education to practitioners and legislators on the disease of addiction.

EDUCATION

2016

CHESTNUT HILL COLLEGE

DOCTOR OF CLINICAL PSYCHOLOGY,
PSY.D

2011

CHESTNUT HILL COLLEGE

MASTER OF SCIENCE IN CLINICAL AND
COUNSELING PSYCHOLOGY, MS

2002

CABRINI UNIVERSITY

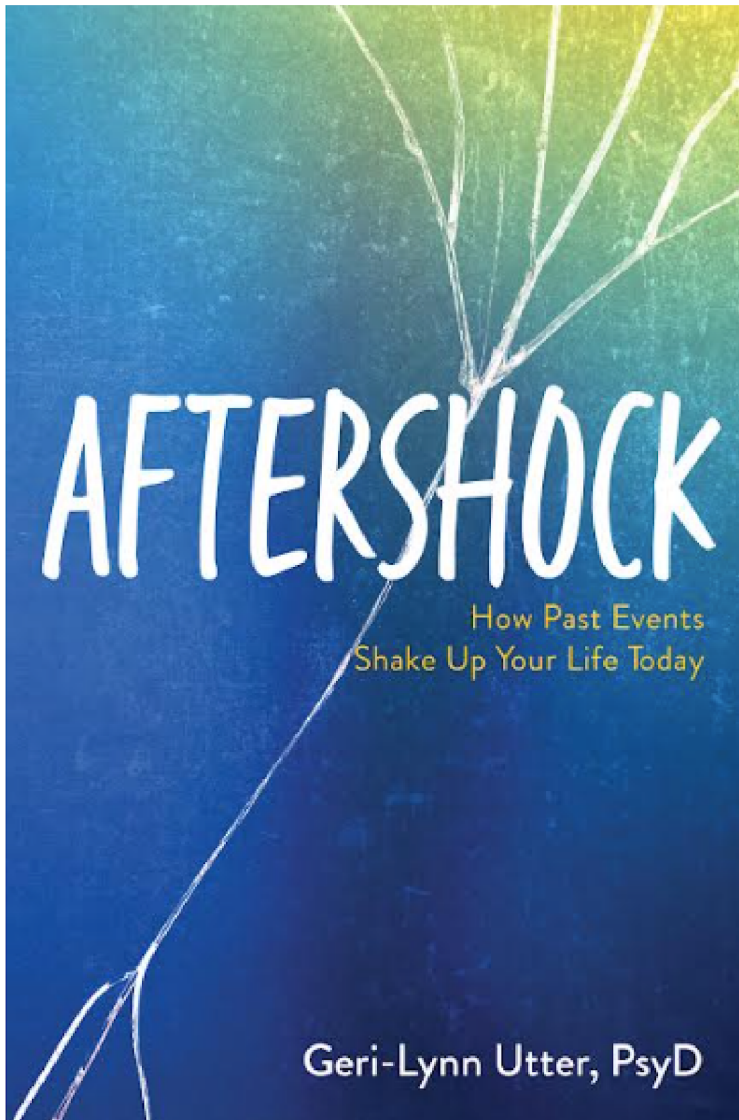
BACHELOR OF ARTS
ENGLISH/COMMUNICATIONS, BA



BOOKS

AFTERSHOCK

UPCOMING RELEASE DATE:
SEPTEMBER 2023



SYNOPSIS

Aftershock can help you identify and understand how you respond to challenging life experiences that shake up your life weeks or months after the traumatic event has occurred.

In her entertaining and often hilarious new book, Dr. Geri-Lynn Utter introduces us to the aftershock phenomenon, a repertoire of delayed mental health symptoms such as depression, irritability, fear, fatigue, over-eating, and over-drinking, all rooted in seemingly everyday events that produce real but often unrecognized stress and trauma.

Because mental health symptoms developed from highly stressful experiences such as changing jobs, marriage, parenting, divorce, or the death of a loved one do not typically meet diagnostic criteria for PTSD, they often go unrecognized even though the "sub-clinical" psychological distress is very real and the after-effects on our lives can be profound, especially when we don't recognize that the cause of our present issues may lie in suppressed emotions that haunt us.

Learn how to recognize the symptoms of psychological pain and stress and begin to heal. Aftershock will help you:

- **Identify the often-delayed emotional responses to highly stressful experiences we will encounter throughout our lives.**
- **Address your feelings and thoughts before they become so severe, they require a label or diagnosis.**
- **Understand and accept that traumatic, yet ordinary, life events have a significant impact on our emotions and overall mental health.**
- **Step away from any stigmas associated with seeking mental health treatment and encourage you to seek the treatment you need.**

Geri-Lynn Utter, PsyD, is a clinical psychologist who specializes in working with those struggling with co-occurring mental health concerns, such as trauma and drug addiction.

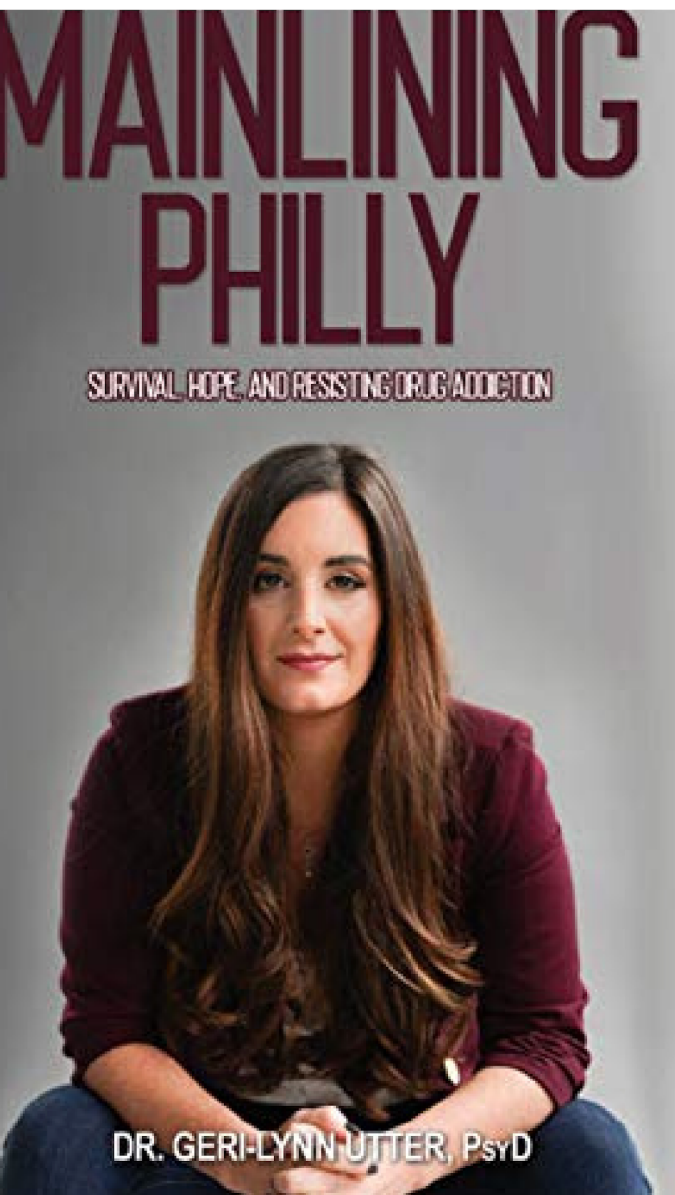
RETAILERS



BOOKS

MAINLINING PHILLY: SURVIVAL, HOPE, AND RESISTING DRUG ADDICTION

RELEASE DATE: APRIL 2020



SYNOPSIS

It's only 20 miles from the Mainline suburb of Philadelphia to the area known as Kensington, but it may as well be a world away. The Mainline is one of Philadelphia's most tony sections, famous for mansions and tennis courts and Princess Grace Kelley. Kensington is a decaying, poverty-stricken, drug-drenched blight, a place some can't escape, yet others escape to as they sink into a world of drugs and despair.

Meeting Philadelphia native Dr. Geri-Lynn Utter, PsyD. for the first time, it would be easy to assume she's the product of the elite schools and glossy social life of the Mainline. But in fact, Geri-Lynn grew up in Kensington, her father and her mother both lifelong drug addicts. She saw firsthand the torment of addiction. The violence of the "life." The despair that there could be no way out except death by overdose.

Mainlining Philly is the harrowing story of how Geri-Lynn survived the grim alleys of Kensington and became a respected mental health professional. Her unique insight into the nature of addiction gives her the tools to offer solutions to those addicted and the families who love them. At times terrifying, startling, and hilarious, Mainlining Philly is a ride on the wrong sides of the tracks that you won't be able to put down and you will never forget.

RETAILERS

PRESS RELEASE

RENOWNED PHILADELPHIA PSYCHOLOGIST DR. GERI-LYNN UTTER DEBUTS EMPOWERING NEW BOOK, "AFTERSHOCK: HOW PAST EVENTS SHAKE UP YOUR LIFE TODAY"

Clinical Psychologist & Author of "Mainlining Philly" Releases Second Book, Teaching Readers to Learn How to Recognize the Symptoms of Psychological Pain & Stress & Begin to Heal

PHILADELPHIA, PA, July 11, 2023 —In her entertaining and often hilarious new book, *Aftershock: How Past Events Shake Up Your Life Today*, renowned clinical psychologist and author **Dr. Geri-Lynn Utter, PsyD**, introduces readers to the aftershock phenomenon. *Aftershock* is a repertoire of delayed mental health symptoms such as depression, irritability, fear, fatigue, over-eating, and over-drinking, all rooted in seemingly everyday events that produce real but often unrecognized stress and trauma.

Because mental health symptoms developed from highly stressful experiences such as changing jobs, marriage, parenting, divorce, or the death of a loved one do not typically meet diagnostic criteria for PTSD, they often go unrecognized even though the "sub-clinical" psychological distress is very real and the after-effects on our lives can be profound, especially when we don't recognize that the cause of our present issues may lie in suppressed emotions that haunt us.

"Our mental health impacts how we move through life. My new book, 'Aftershock: How Past Events Shake Up Your Life Today' addresses how life traumas like divorce, changing careers, raising kids, losing a loved one - the list goes on - are an inescapable part of the human experience. Weeks even months can pass before realizing that we aren't sleeping well, feel irritable, anxious, or just 'blah'. These symptoms are a delayed response to the traumatic event we experienced - the aftershock. This book will help readers understand that it's okay to not want to make lemonade out of the lemons that life throws you. In fact, it's completely normal to feel compelled to grab the lemons and throw 90-mile-an-hour fastballs at everyone or anything that has impacted your confidence. We all have life traumas that we will be faced with, and this book is here to help you through them," said Dr. Utter.

Readers will learn how to:

- Identify the often-delayed emotional responses to highly stressful experiences encountered in life.
- Address feelings and thoughts before they become so severe, they require a label or diagnosis.
- Understand and accept that traumatic, yet ordinary, life events have a significant impact on emotions and overall mental health.
- Step away from any stigmas associated with seeking mental health treatment and seek the treatment that is needed.

Dr. Geri-Lynn Utter, PsyD, is a clinical psychologist who specializes in working with those struggling with co-occurring mental health concerns, such as trauma and drug addiction. Dr. Utter's motivation for choosing this field was personal; as a child, she frequently witnessed the familial turmoil and violence that arise from such issues. These experiences gave her a rare insight into how our life experiences and the way we see ourselves impacts our mental health, both positively and negatively. Dr. Utter is based in the Philadelphia area, and her expertise in the field of psychology has captured both national and regional attention. **MORE**

PRESS RELEASE

CONTINUED

This highly anticipated release follows the success of Dr. Utter's 2020 memoir, *Mainlining Philly: Survival, Hope and Resisting Drug Addiction*. The book received critical acclaim for its raw and unfiltered depiction of Dr. Geri-Lynn Utter's personal journey through the tumultuous terrain of her parents' struggles with addiction, anxiety, and depression. The book resonated deeply with readers worldwide, inspiring hope and fostering a sense of shared humanity.

Building upon the foundation laid in "Mainlining Philly," Dr. Utter explores the Aftershock of trauma, addiction, and adversity, empowering readers to harness their inner resilience and rewrite their life stories. With authenticity and compassion, she shares profound wisdom, encouraging individuals to embrace their scars as catalysts for growth and transformation.

Aftershock is set to captivate readers with its thought-provoking insights, empowering narratives, and practical guidance for personal transformation. As a highly sought-after speaker and advocate for mental health, Dr. Geri-Lynn Utter continues to inspire audiences across the country with her message of resilience, growth, and self-discovery.

ABOUT THE AUTHOR:

Geri-Lynn Utter, PsyD, is a renowned clinical psychologist and author based in Philadelphia who specializes in working with those struggling with co-occurring mental health concerns, such as trauma and drug addiction. Visit her website: drgerilynn.com.

Aftershock: How Past Events Shake Up Your Life Today

Publisher: HCI Books

Release Date: September 26, 2023

ISBN-10: 0757324908

ISBN-13: 9780757324901

Trade Paperback, 160 pages

Available for pre-order

MEDIA CONTACT:

Reviews, photos, links to previous interviews and Q&As are available upon request. Please contact **Jessica Olenik** at **Brick + Vine PR** via email at jolenik@brickandvinepr.com or by phone at (732)740-5751.

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EDITORIAL // STORY IDEAS

AFTERSHOCK TOPICS

- Aftershock in Our Normal Lives - Recognizing "Aftershock" - What is Trauma and How Does it Happen?
- How Trauma Shapes Who We Are
- Discomfort is Part of the Human Experience
- Normalizing Trauma and Adversity - it Happens to All of Us
- Understanding Your Psyche - the Internal Guide to Behavior Patterns, Mood, and Overall Wellbeing
- The Power of Mind-Body Connection
- How Do We Respond to Trauma? Exploring How We Can Respond in "F'd" Up Ways - Freeze, Fight, Flight & Fawn
- Symptoms of Aftershock and the Need for Self-Care
- The Stigma of Mental Illness and Accompanying Treatments
- Tools for Healthy Coping Strategies
- Practicing Positive Mental Health Habits
- What to Expect When Seeking Treatment

According to SAMHSA's 2021 National Survey on Drug Use and Health, approximately **9.2 million adults** in the United States have a co-occurring disorder.*

SUBSTANCE ABUSE & MENTAL HEALTH

- The Effect the Growing Drug Decriminalization Efforts are Having on Children's Drug Perception and What Educators and Parents Should Know - Examining the Critical Role that Parents and Authority Figures Play in Shaping Children's Perceptions/Relationships with Substances
- "Someone You Know"- Among Americans Ages 12 Years and Older, **37.309 Million Were Current Illegal drug users** (Used Within the Last 30 days) as of 2020.
- Raising Awareness/Advocacy for Mental Health Education/Access to Treatment
- Exploring Changing Family Systems, Specifically Children Being Raised by Grandparents, Other Family Members or the Foster Care System Because They Have Lost Their Parents to Drug Addiction
- Providing Accurate Education About Addiction in an Effort to Decrease Stigma

Over **20.4 million people** in the United States were diagnosed with Substance Use Disorders (SUD) in 2022 and **only 10.3 percent of people** with past-year SUD received SUD treatment. **

National Institute on Drug Abuse. (2022). IC Fact Sheet: Fiscal Year 2022. Retrieved from <https://www.drugabuse.gov/about-nida/legislative-activities/budget-information/fiscal-year-2022-budget-information-congressional-justification-national-institute-drug-abuse/ic-fact-sheet-2022>

UTTER NONSENSE DOCUMENTARY

SYNOPSIS

Utter Nonsense is a touching, informative, and very personal journey into the world of drug addiction. It features and is produced by Dr. Geri Lynn Utter, author of the acclaimed book *Mainlining Philly*, who here details her astonishingly dysfunctional childhood growing up the child of addicted parents who barely kept a roof above her head.

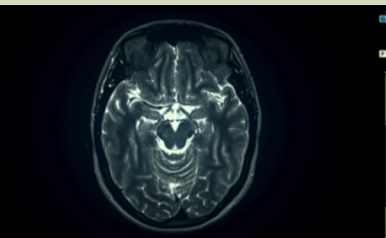
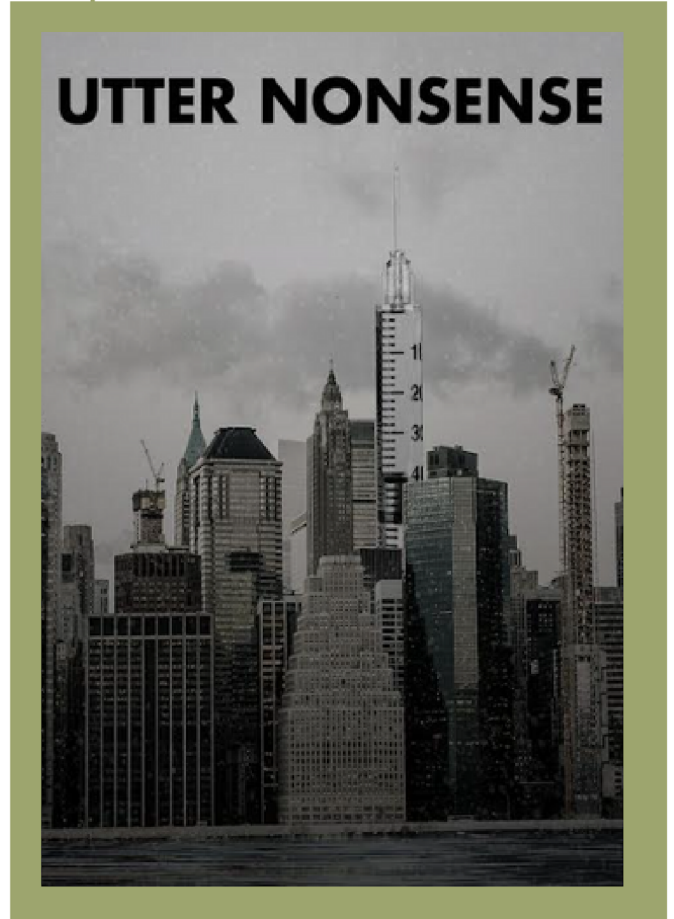
Focusing on the notorious Kensington district of Philadelphia where Dr. Utter was raised, *Utter Nonsense* also shares the stories of her half-sister and a pair of locals who at a young age found their lives spiraling downward into a life of addiction, street life, and incarceration.

Dr. Utter traces the disease of drug addiction through her family and others, where children grow up alone and hungry, hoping to do better than their parents, but often unable to outrun or outwit the family tradition of drug abuse, violence, and frequently, an early and tragic death.

Dr. Utter shares how she herself managed to avoid the curse of drug use, instead motivating herself to use education as a lever to lift herself out of Kensington, where she could help others who fell victim to fentanyl, heroin, and other deadly, addictive narcotics.

In the end, *Utter Nonsense* not only educates the viewer about the genesis and cost of drug addiction, but it offers real hope that "the life" can be overcome.

UPCOMING RELEASE DATE
AUGUST 2023



CONTACT



GET IN TOUCH

Ready to embark on your journey towards healing and personal growth? I would love to connect with you. Whether you're seeking support for co-occurring mental health concerns, overcoming trauma, or navigating the complexities of addiction or looking to connect for media opportunities, I am here to guide you with compassion and expertise. Let's explore the transformative power of therapy together. The path to resilience and well-being begins with a simple step – getting in touch.

Dr. Geri-Lynn Utter



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