



## Emily P.G. Erickson



**Title:** Writer

**Education:** University of St. Thomas, Minneapolis, MN, Macalester College, St. Paul, MN

**Location:** St. Paul, MN

**Expertise:** Counseling Psychology, Meditation, Mental Health, Mindfulness, Parenting, PTSD

A professional member of the American Society of Journalists and Authors, Emily has written for major digital publications, including Everyday Health, Health, Motherly, The New York Times, Reviewed, Romper, Scary Mommy, WIRED, and more.

Emily earned her master's degree in counseling psychology from the University of St. Thomas.

Emily worked as a mental health researcher studying PTSD for the Department of Veterans Affairs.

Emily has co-authored scientific papers published in the peer-reviewed research journals the Journal of Traumatic Stress; Psychological Services; and Psychological Trauma: Theory, Research, Practice, and

## Experience

Emily P.G. Erickson is a freelance journalist who specializes in mental health and parenting. She has written for major digital publications, including Everyday Health, Health, Motherly, The New York Times, Reviewed, Romper, Scary Mommy, WIRED, and more. Emily is a professional member of the American Society of Journalists and Authors.

Emily's writing, which often covers the practical application of science, benefits from her wide-ranging background. She attended Macalester College, majoring in psychology and geography and working as lab manager for a cognitive linguistics lab. She spent a semester abroad in northeast Thailand, where she began to study Buddhism and started a meditation practice. After graduating magna cum laude, Emily began working for the City of St. Paul and eventually served as the city's first sustainable transportation planner, a role focused on promoting environmental sustainability and public health. Emily left that position to pursue graduate school in psychology, earning a master of arts in counseling psychology from the University of St. Thomas. As part of her program, she completed an 800-hour psychotherapy practicum at a community mental health clinic providing therapy to children, adolescents, and adults. During and after graduate school, Emily worked as a mental health researcher studying PTSD for the Department of Veterans Affairs.

In addition to her freelance work, Emily has co-authored numerous public policy documents and published scientific papers in the peer-reviewed research journals the Journal of Traumatic Stress, Psychological Services,

---

For more from Emily, visit her website <https://emilypgerickson.com/>

## Education

Emily has a master's degree in counseling psychology from the University of St. Thomas, where she was awarded the Common Good Award for her outstanding contribution to the College of Education, Leadership, and Counseling and the greater community.

Emily also received a bachelor of arts with honors in psychology and geography from Macalester College, where she graduated magna cum laude and was elected to Phi Beta Kappa.

## About Parents

Parents, a Dotdash Meredith Brand, is an award-winning online resource for trustworthy, empathetic, and supportive information and inspiration for your families. We reach 9 million readers a month. Our content is written by experienced journalists, fact checked, and reviewed by our Expert Review Board for accuracy. Learn more about us and our editorial guidelines.

## Latest from Emily P.G. Erickson

 School

psychologist

talking and helping

MENTAL HEALTH

**Best Online Therapy for Teenagers and Kids**

# Parents®

**NEWSLETTERS**

Follow Us



**STARTING A FAMILY**

**PREGNANCY**

**BABIES**

**RAISING KIDS**

**FAMILY LIFE**

**STAYING HEALTHY**

**NEWS & TRENDS**

**YOUR VILLAGE**

[About Us](#)

[Expert Review Board](#)

[Editorial Guidelines](#)

[Product Review Guidelines](#)

[Diversity Pledge](#)

[Privacy Policy](#)

[Careers](#)

[Terms of Use](#)

[Contact](#)

[Advertise](#)

[Do Not Sell My Personal Information](#)



Parents is part of the [Dotdash Meredith](#) publishing family.