

Catherine Steiner-Adair



Dr. Catherine Steiner-Adair is a Clinical and Consulting Psychologist and Research Associate at Harvard Medical School. In her award winning book, [*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*](#) (HarperCollins), Dr. Steiner-Adair examines ways in which technology and media change how children learn and grow, and shows parents how to balance the benefits of tech while reducing the risks it poses at every stage of development. She identifies digital age challenges for parents and educators, and ways to strengthen children's social and emotional development to help them grow to be responsible, resilient, confident, and capable young adults.

An internationally recognized expert in child development, education, and family relationships. She has consulted worldwide to over 600 independent and public schools and spoken at conferences on a wide range of topics including social and emotional intelligence, girl's development, and best practices for technology at home, schools and work. Her audiences are student's, educators, parent organizations, health professionals, corporations, non-profit organizations, government leaders and NGO's.

As a resource to the media, Dr. Steiner-Adair has appeared on ABC, BBC, CBS, CNN, MSNBC, NBC, PBS, NPR News and she in New York Times, WSJ, Washington Post, Huffington Post, CNN Opinion, Time and in the International press. Her earlier research on educating girls to lead and preventing eating disorders lead to the development of "Full of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership," the first successful program of it's kind, which is currently being translated for use in other countries.