



Press Release

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For Immediate Release

Dr. Lisa C. Palmer has been Inducted into the Prestigious Marquis Who's Who Biographical Registry

Dr. Lisa C. Palmer is recognized for her expertise as the program and clinical director for The Renew Center of Florida

WEST PALM BEACH, FL, September 1, 2023, Dr. Lisa C. Palmer has been included in Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.

Leveraging more than two decades of excellence in psychotherapy and national media, Dr. Palmer has earned distinction as the founder, program and clinical director for The Renew Center of Florida. Since 2007, she has focused her efforts on providing individualized and compassionate healthcare services to patients with mental health disorders. As part of her work to become a prominent entrepreneur within the mental health sector, she contributes to the advancement and creation of innovative technological solutions while engaging in television appearances as a means of communication and outreach in her field. Additionally, she has been the chief executive director of the RenewMe brand of RenewMe since 2018.

Before establishing The Renew Center of Florida, Dr. Palmer was a counselor for the Brief Therapy Institute from 2002 until 2006. During this time, she also served as a counselor for The Atrium Family Center and as an eating disorder treatment therapist for the Renfrew Center of Florida in 2004 until 2005. She was also the primary therapist for the Milestones in Recovery Eating Disorder Program in 2005. Following this period, she founded the WISE (Women's Institute for Sensible Eating) eating disorder program in 2006, serving as the clinical director for the program until 2009. She subsequently taught as an adjunct professor for Nova Southeastern University. She is Past President of the Palm Beach Association for Marriage and Family Therapy.

Throughout her career, Dr. Palmer has given numerous television appearances, including CBSN, FOX, NBC, ABC, HLN, CNN, SKY, News Nation, among others. She engaged in behind-the-scenes work at CNN, appeared on air for a local television station and worked at a station in Northeast Georgia. She has also been part of multiple local, national and international radio broadcasts since 2009, such as ESPN Radio with the Josh Cohen Show, iHeart Radio and her "Renew Your Life Radio Show with Dr. Lisa Palmer," which ran from 2009 until 2012. She has also appeared on LBC Radio, FOX, The Blaze, UK talkRadio, among others. She was featured in Voyage MIA Magazine as one of Florida's most successful female entrepreneurs and experts in 2020 and was a featured entrepreneur in a Shout Out Miami Magazine article the same year. Her work was also highlighted in other articles and magazines, including The Daily Beast, Upscale Magazine, and Washington Woman Magazine, to name a few.

Among her professional accomplishments, Dr. Palmer was named one of the 8 Top Inspiring Business Leaders in South Florida in 2023 by Ocean Drive Magazine. Additionally, The Renew Center of Florida was ranked as #1 of the top 10 treatment centers for PTSD in the United States by Newsmax in 2017.

Added to these, Dr. Palmer has contributed a wealth of research to the field, including co-authoring “Uncharted waters: Working with recent immigrant families” for Family Therapy Magazine. In 2008, she herself authored “Crossing the color line: Emerging realities about eating disorders and treatment with women of color” for the Journal of Feminist Family Therapy, “Drive to self-starvation: Qualitative Exploration of Narratives amongst eating disordered immigrant women to the U.S. Dissertation Abstracts International” and “Integrated treatment of eating disorders: Beyond the body betrayed” featured in the Journal of Marital and Family Therapy.

Prior to embarking on her professional journey, Dr. Palmer graduated from The Wheeler School in 1994 and studied pre-medicine and philosophy at the University of Vermont in 1997. She then earned a Bachelor of Science in journalism and sociology from New York University in 1999. Following these achievements, she attained a Master of Science in marriage and family therapy in 2004 and a Doctor of Philosophy in marriage and family therapy with a specialty in eating disorders in 2008, both from Nova Southeastern University. Her dissertation research centered on a grounded theory study exploring the factors motivating self-starvation behavior among anorexic immigrant women in the United States.

Widely recognized as an expert in mental health and healing with a specialty in helping patients with post-traumatic stress disorder and eating disorders, Dr. Palmer is one of the few individuals worldwide certified in the Rapid Reduction Technique for trauma. She is also a licensed marriage and family therapist in New York and Florida, an American Association for Marriage and Family Therapy-approved supervisor and certified hypnotherapist. She has also been trained in mediation.

Within the coming years, Dr. Palmer intends to continue working as a trailblazer in the mental health sector and is presently poised to become the first psychotherapist to create a groundbreaking superapp, RenewMe, in the space of mindfulness and mental health. This would place her among the limited number of female founders in the iOS tech industry as well as in the group of minority women shaping the landscape of technology-driven businesses.

About Marquis Who's Who®:

Since 1899, when A. N. Marquis printed the First Edition of Who's Who in America®, Marquis Who's Who® has chronicled the lives of the most accomplished individuals and innovators from every significant field of endeavor, including politics, business, medicine, law, education, art, religion and entertainment. Marquis celebrates its 125th anniversary in 2023, and Who's Who in America® remains an essential biographical source for thousands of researchers, journalists, librarians and executive search firms around the world. Marquis® publications may be visited at the official Marquis Who's Who® website at www.marquiswhoswho.com.