

RASHIDA INGRAM, PHD (C), M.S.,CMFT



Rashida Ingram, Ph.D.(c), MFT, is a devoted mother of two, an Adjunct Professor, Marriage and Family Therapist, Consultant, and professional speaker on topics related to co-parenting, creating life satisfaction, and the use of self-awareness to create meaningful relationships.

Rashida maintains a virtual wellness center, specializing in personal development for women transitioning through the “what next” phase of life.

Currently, she provides training and consultation to organizations and graduate level counseling students devoted to working systemically with couples and families using a strength-based approach. Within the past two years,

Rashida’s work with couples and families has earned her several speaking engagements including juvenile justice documentaries, International Family Therapy conference, radio and podcast interviews.

Rashida is also the COO and founder of the I AM Retreat Experience, a self-care brand for authentic living.



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