

## Long Biography for Christine B. L. Adams, MD

Christine B. L. Adams, M.D., is a child, adolescent, and adult psychiatrist. She has been in practice for 40 years treating people of all ages. She is co-author with Homer B. Martin, MD, of the award-winning bestseller, *Living on Automatic: How Emotional Conditioning Shapes Our Lives and Relationships*. During her career she was a forensic child psychiatrist, worked in community mental health settings, for the Social Security Administration and for the Department of Defense. She has been Assistant Clinical Professor of Psychiatry and Behavioral Sciences at the University of Louisville, School of Medicine.

She received her Doctor of Medicine degree from the University of Florida, College of Medicine. She completed Residency in Psychiatry and also Fellowship in Child Psychiatry at the University of Louisville School of Medicine.

Dr. Adams makes presentations at national and international psychiatry meetings, publishes articles and contributes to textbooks on topics of child-rearing difficulties, childhood sexual abuse, women's sexual development, child custody disputes, parent-child alienations, mental health stigma, frontal lobe brain pathology, and childhood aphasia.

Dr. Adams has been an examiner for the American Board of Psychiatry and Neurology in both Child and Adult Psychiatry. She is a Distinguished Life Fellow of the American Academy of Child and Adolescent Psychiatry and a Life Member of the American Psychiatric Association. Dr. Adams is a frequent guest on radio and podcasts. She hosts a blog at [PsychologyToday.com](https://www.psychologytoday.com): "Living on Automatic—Emotions Override Thinking Every Time."