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MEMBER PROFILE - OCTOBER 2000

Harriet J. Kramer, Ph.D.

Harriet Kramer specializes in relationships (couples, family members, clients and their parents, business partners) and works with individuals, families, couples and groups. As the director of the Bethesda-Chevy Chase Counseling Center and co-director of SinglesToSoulmates, Harriet deals with “every kind of emotional difficulty from anxiety to depression to people in life transitions.”

The Singles program, another area of specialty, helps people “create the life they love and find the love of their life.” This structured program helps people define their requirements, needs and wants in clear ways. “People taking this program are very excited about it. They are making all kinds of breakthroughs -- helping each other find people, getting over fears, combining social and support needs,” says Harriet. This eight week class (limited to twelve people) will meet once a week, beginning in September. An adjunct to this program will be a once a month SinglesToSoulmates social seminar, which will be held the first Thursday of every month, beginning in October. Harriet believes that this will be a place for singles to meet each other in a fun environment where they are also learning valuable skills. (Please call for information about both of these programs.)

As an undergrad student, Harriet was an English major and psychology minor. While friends repeatedly came to her for advice, Harriet wanted to be an English professor until she realized that she should switch her two areas and make her love of people her profession. She has been doing this for 26 years. Harriet works with her husband, John Becker, who is a psychologist and also a Ph. D. They each have their own practices.

“I love seeing people leave here happier, clearer and better able to make positive changes in their lives,” says Harriet. Many of her clients are struggling with depression, abuse issues, and the complicated psychology of bereavement (another specialty in which Harriet works with police officers and widows and their families).

A member of WBO for just over a year and a half, Harriet is the former WBO Board secretary. She loves the camaraderie and support of other women, enjoys meeting women in a variety of fields, and appreciates the “unpretentious quality” of WBO.

Having found a way to combine mental health with her love of writing, Harriet is a columnist for the Georgetown newspaper, the longest running (about 50 years) community newspaper in the country. Harriet’s column, “Heart Talk,” addresses emotional and psychological issues for readers all over the metro DC area.

[Harriet passed away in December 2002. Those who knew her will remember her smile and positive approach to all that life hands out.]