



MURIEL BOWSER
MAYOR

May 2, 2024

The Honorable Phil Mendelson
Chairman
Council of the District of Columbia
John A. Wilson Building
1350 Pennsylvania Avenue, NW, Suite 504
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 204 of the Clemency Board Establishment Act of 2018, effective December 13, 2018 (D.C. Law 22-197, D.C. Official Code § 24-481.04), I am pleased to nominate the following individual:

Dr. Amber Thornton
South Dakota Avenue, NE
Washington, DC 20018
(Ward 5)

for appointment as a mental-health professional member of the Clemency Board, replacing Dr. Patrick Canavan, for the remainder of an unexpired term to end February 10, 2027.


Enclosed, you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Muriel Bowser".

Muriel Bowser
Mayor


Chairman Phil Mendelson
at the request of the Mayor

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6 A PROPOSED RESOLUTION
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10 IN THE COUNCIL OF THE DISTRICT OF COLUMBIA
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15 To confirm the appointment of Dr. Amber Thornton to the Clemency Board.

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17 RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, that this
18 resolution may be cited as the “Clemency Board Dr. Amber Thornton Confirmation Resolution
19 of 2024”.

20 Sec. 2. The Council of the District of Columbia confirms the appointment of:

21
22 Dr. Amber Thornton
23 South Dakota Avenue, NE
24 Washington, DC 20018
25 (Ward 5)
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27 as a mental-health professional member of the Clemency Board, established by section 203 of
28 the Clemency Board Establishment Act of 2018, effective December 13, 2018 (D.C. Law 22-
29 197, D.C. Official Code § 24-481.03), replacing Dr. Patrick Canavan, for a term to end February
30 10, 2027.

31 Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution,
32 upon its adoption, to the nominee and to the Office of the Mayor.

33 Sec. 4. This resolution shall take effect immediately.

CURRICULUM VITAE

1. PERSONAL DATA

Amber Thornton, PsyD

Licensed Clinical Psychologist, Washington DC

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2. EDUCATION

Undergraduate Education

9/2005-2009 Bachelor of Science, The Ohio State University, Columbus, OH

Graduate Education

8/2009-2014 Doctor of Psychology in Clinical Psychology, Wright State University School of Professional Psychology, Dayton, OH

Post-Graduate Training

7/2013-2014 Pre-doctoral Internship in Clinical Psychology, WestCoast Children's Clinic, Oakland, CA

10/2014-2015 Fellowship in Clinical Psychology, Oesterlen Services for Youth, Springfield, OH

3. EMPLOYMENT

8/2014-2020 Adjunct Professor, Psychology Department, Wright State University, Dayton, OH

1/2015-2016 Adjunct Professor, Department of Psychology, Wilberforce University, Wilberforce, OH

11/2015-2016 Staff Psychologist, Vericare, Knoxville, TN

7/2016-2018 Staff Psychologist, Student Counseling Center, University of Tennessee, Knoxville, TN

8/2016-2017 Clinical Assistant Supervisor, Counseling Psychology Department, University of Tennessee, Knoxville, TN

8/2016-2017 Clinical Assistant Professor, Psychology Department, University of Tennessee, Knoxville, TN

6/2018-2020 Staff Psychologist, Behavioral Health Clinic, BoysTown DC, Washington, DC

2/2020 Staff Psychologist, KIPP DC Public Charter Schools, Washington, DC

7/2023 Clinical Psychologist, HSC Pediatric Center at Children's National Medical Center,
Washington, DC

4. SCHOLARLY PUBLICATIONS

Published Books

1. Thornton, A. (2024). *A parent's guide to self-regulation: breaking cycles of dysregulation and mastering emotions for parents and children*. Ulysses Press.

Chapters in Books

1. Dobbins, J.E., Beale, B., **Thornton, A.**, Porter, T.G., (2014). Exploring the intersection of parenting, ethnicity, race, and gender in the deconstruction of the nuclear family archetype. In Miville, M.L., & Ferguson, A.D. (Eds.). *Handbook of Race-Ethnicity and Gender in Psychology* (pp. 131-149). New York: Springer.

Invited Publications

1. **Thornton, A.** (2015). Women of color, income disparities, and psychology: Where do we go from here? *Perspectives: Ohio Women in Psychology*.

Any Other Publications

1. **Thornton, A.** (2014). *Examination of the African-American Father-Daughter Relationship: Application of the Marschack Interaction Method*. (Electronic Thesis or Dissertation). Retrieved from <https://etd.ohiolink.edu/>
2. **Thornton, A.** (2021). *Rewriting the Narrative of Motherhood for Millennial Women*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202108/rewriting-the-narrative-motherhood-millennial-women>
3. **Thornton, A.** (2021). *Career Satisfaction Matters for Motherhood Well-Being*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202110/career-satisfaction-matters-motherhood-well-being>
4. **Thornton, A.** (2021). *The Myth of "Doing It All" In Motherhood*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202111/the-myth-doing-it-all-in-motherhood>
5. **Thornton, A.** (2021). *Overcoming Perfectionism in Motherhood*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202112/overcoming-perfectionism-in-motherhood>
6. **Thornton, A.** (2022). *5 Steps For Becoming a Well and Balanced Mother*. Psychology Today. <https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202201/5-steps-becoming-well-and-balanced-mother>
7. **Thornton, A. (2022)**. *The Default Parent Syndrome: More Than Just a TikTok Trend*. Psychology Today.

<https://www.psychologytoday.com/us/blog/the-balanced-working-mama/202211/the-default-parent-syndrome-more-just-tiktok-trend>

5. PRESENTATIONS

Regional Presentations

1. Connell, L., & **Thornton, A.** (2010, November). *Mindfulness in psychotherapy with adolescents who engage in non-suicidal self-injury (NSSI)*. Poster presented at the meeting of Ohio Psychological Association Annual Convention, Columbus, OH.
2. **Thornton, A.**, Jackson, T. (2015, April). *"Black Life Matters": Africentric interventions buffering the impact of contemporary racism*. Ethical CEU training conducted at the meeting of Ohio Psychological Association Annual Convention, Columbus, OH.
3. **Thornton, A.**, Igah, F. (2015, July). *Cultural identity and collaborative treatment*. Clinical training presentation conducted at Oesterlen Services for Youth, Inc., Springfield, OH.
4. **Thornton, A.**, (2015, July, March). *Caring for children who have experienced trauma: Foster parenting training*. Training presentation conducted at Oesterlen Services for Youth, Inc., Springfield, OH.
5. **Thornton, A.** (2015, May). *Can we talk?: A dialogue on mental health and its impact on our youth*. Mental health panel conducted at the Boys & Girls Club of Dayton, Dayton, OH.
6. **Thornton, A.** (2015, May). *African-American psychology: Theories and clinical applications*. Clinical training presentation conducted at the Ellis Human Development Institute, Dayton, OH.
7. **Thornton, A.**, Kniffley Jr., S., Presley, T., Warfield, J. (2016, April). *"Black Lives Matters": Africentric interventions buffering the impact of contemporary racism*. 3hr-Ethical CEU training conducted at the meeting of Ohio Psychological Association Annual Convention, Columbus, OH.
8. **Thornton, A.**, Presley, T. (2016, November). *Psychological evolution in the wake of the Black Lives Matter movement*. Diversity CEU training conducted at the meeting of Tennessee Psychological Association Annual Convention, Nashville, TN.
9. **Thornton, A.**, Johnson, M. (2017, February). *The relevance of self-care for social justice in the Black community*. Professional seminar conducted at the meeting of University of Tennessee Black Issues Conference, Knoxville TN.
10. **Thornton, A.** (2017, March). *Fostering an AAHN (*Arconic African Heritage Network) ally culture in Arconic*. Lunch and learn seminar conducted at the Arconic, Alcoa, TN.
11. Jenkins, T., **Thornton, A.** (2017, October). *New directions for increasing mental health access: A collaborative partnership between Multicultural Student Life and the Student Counseling Center*. Professional seminar conducted at the meeting of Southern Association for College Student Affairs (SACSA) Annual Conference, Chattanooga, TN.
12. **Thornton, A.**, Deskalo, A. (2018, October). *Understanding the impacts of trauma*. Clinical training presentation conducted at Boys Town DC.
13. **Thornton, A.**, (2023, January). *Is balance possible?: Redefining Balance for Millennial Mothers*. Seminar conducted at the quarterly meeting for The Women's Conference, Baltimore, MD.

National Presentations

1. Evans, A., **Thornton, A.**, & Warfield, J. (2010, July). *Parents early childhood education-positive action choices training (PECE-PACT): The role of the activity specialists*. Poster presented at the meeting of Association of Black Psychologists Annual Convention, Chicago, IL.
2. Dobbins, J.E., Porter, T.G., Franchi, A., Houston, M., **Thornton, A.**, Valentine, T., Conde, K. (2011, July). *Working with Black youth and their families: A community development approach*. Symposium conducted at the meeting of Association of Black Psychologists Annual Convention, Washington, D.C.
3. **Thornton, A.** (2014, July). *Examination of the African-American father-daughter relationship: Application of the Marschack Interaction Method*. Professional seminar conducted at the meeting of Association of Black Psychologists Annual Convention, Indianapolis, IN.
4. **Thornton, A.** (2015, July). *Teaching Black psychology: History and significance of Black psychology implementation within PWIs*. Professional seminar conducted at the meeting of Association of Black Psychologists Annual Convention, Las Vegas, NV.
5. **Thornton, A.**, (2022, February). *Balanced Working Families: Working Toward Better Work-Life Balance*. Seminar conducted for Teachable, virtual

6. PROFESSIONAL REGISTRATIONS, LICENSES, CERTIFICATIONS

12/2015 Licensed Clinical Psychologist/Health Services Provider, State of Tennessee

6/2018 Licensed Clinical Psychologist, State of Maryland

6/2018 Licensed Clinical Psychologist, District of Columbia, #PSY1001399

7. GRANTS

N/A

8. SOCIETIES AND HONORS

2009-2014	Association of Black Psychologists (ABPSI)
2009-2014	African American Women in Professional Psychology (AAWIPP)
2010- 2013	American Psychological Association (APA)
2014-2015	Ohio Psychological Association (OPA)
2016-2018	Tennessee Psychological Association (TPA)
2016-2018	Knoxville Area Psychological Association (KAPA)
2016-2018	Association of Black Psychologists- Knoxville Chapter

9. ADMINISTRATIVE DUTIES AND UNIVERSITY ACTIVITIES

Wright State University

Secretary- African American Women in Professional Psychology (AAWIPP)

University of Tennessee

Counseling Center Liaison- Frieson Black Cultural Center

Practicum Coordinator- Student Counseling Center, Counseling Psychology Department

Search Committee Member- Assistant Director of Student Counseling Center

Multicultural Student Life- Committee Member
Chair of Multicultural Outreach- Student Counseling Center

10. EDUCATIONAL ACHIEVEMENTS

Courses Taught

Wright State University

- Course Instructor, African American Psychology, 432 lectures

Wilberforce University

- Course Instructor, Abnormal Psychology, 24 lectures

University of Tennessee

- Course Instructor, African American Psychology, 48 lectures

New Courses or Programs Developed

Wright State University

- Department of Psychology
 - Course Creator, African American Psychology, 432 lectures

11. CONSULTANT APPOINTMENTS

1. Content Panel Expert, DC Paid Family Leave. May 2022.
2. Lead Consulting, Balanced Working Mama- Virtual Community. January 2022-2023
3. Program Developer, Balanced Working Mama- Empower Wellness Program. July 2020-2023

12. SERVICE TO COMMUNITY

Media Appearance- Podcast Interviews

*Full list of media [available here](#).

1. CXMH Podcast. *Balanced Working Moms ft. Dr. Amber Thornton*. September 14, 2020.
<https://cxmhpodcast.com/show-notes/2020/09/14/108-balanced-working-moms>
2. Mind Your Mental Podcast. *Mommin Ain't Easy*. January 1, 2021.
<https://cxmhpodcast.com/show-notes/2020/09/14/108-balanced-working-moms>
3. Routine & Things Podcast. *Becoming A Balanced Working Mama*. February 15, 2021.
<https://routineandthings.com/blogs/podcast/060>
4. Vent With S.A.S.S. Podcast. *Women HerStory*. April 1, 2021
<https://anchor.fm/letsventaboutit/episodes/Women-HerStory-eu2046>

5. Becoming Vibrant Podcast. *Balance for Millennial Working Moms*. April 6, 2021
<https://podcasts.apple.com/us/podcast/079-balance-for-millennial-working-moms/id1481656115?i=1000515955355>
6. The Sista Circle Podcast. *Creating Balance in Motherhood*. April 29, 2021.
<https://youtu.be/8xEwcl6cmnE>
7. The Double Shift Podcast. *The Moms Are NOT Okay (Part 2)*. June 2, 2021.
<https://www.thedoubleshift.com/s4-episode-07-the-moms-are-not-ok-part2/>
8. Behind The Glow Podcast. *Balanced Working Mama w/ Dr. Amber Thornton*. January 11, 2022.
<https://behindtheglow.buzzsprout.com/1740644/9864685-balanced-working-mama-with-dr-amber-thornton>
9. Neighborhood Schools. *Dr. Amber Thornton: The Power of No*. February 22, 2022.
<https://www.neighborschools.com/blog/work-like-a-mother/dr-amber-thornton-the-power-of-no/>
10. The Flourish Heights Podcast. *Can We Stop Asking Women When They Are Having Kids? w/ Dr. Amber*. August 29, 2022.
<https://theflourishheightspodcast.podbean.com/e/can-we-stop-asking-women-when-they-are-having-kids-w-dr-amber/>
11. Talk Is Chic Podcast. *Balance in Motherhood w/ Dr. Amber Thornton*. October 6, 2022.
<https://www.iheart.com/podcast/263-talk-is-chic-48353011/episode/episode-65-balance-in-motherhood-with-72272162/>
12. The Wise Consumer Podcast. *Redefining "balance" in motherhood & why self-care isn't selfish*. October 12, 2022. <https://thewiseconsumer.com/redefining-balance-in-motherhood/>
13. Unconditionally Worthy Podcast. *Why Mothers Are Worthy of Putting Themselves First w/ Dr. Amber Thornton*. October 18, 2022. <https://dradiagooden.com/episodearchive/57>
14. Well Worth Watering Podcast. *Part 1: Interview w/ Dr. Amber Thornton of Balanced Working Mama*. December 12, 2022.
<https://anchor.fm/wellworthwatering/episodes/Ep--25-Part-1-Interview-w-Dr--Amber-Thornton-of-Balanced-Working-Mama-e1rm6om/a-a8vpf8g>
15. Well Worth Watering Podcast. *Part 2: Interview w/ Dr. Amber Thornton of Balanced Working Mama*. December 19, 2022.
<https://anchor.fm/wellworthwatering/episodes/Ep--26-Part-2-Interview-w-Dr--Amber-Thornton-of-Balanced-Working-Mama-e1rm73g/a-a8vpgfq>
16. What Fresh Hell Podcast. *Fresh Take: Dr. Amber Thornton on Finding Real Balance*. January 20, 2023.
https://www.whatfreshhellpodcast.com/fresh-take-dr-amber-thornton-on-finding-real-balance/?fbclid=PAAaZgjBMX2WM52GONdARTzxiG9cHFfhegDEL3bTvo3QLu0YGt6Wtp_HHJgQ
17. Momming, Surviving, and Thriving Podcast. *Defend Your Peace w/ Dr. Amber Thornton*. January 11, 2022.
<https://www.mstpodcast.com/podcast/episode/2dd9848d/defend-your-peace-with-dr-amber-thornton>
18. More Than A Therapist Podcast. Release Date: TBD

Media Appearance-News Segment/ Interview

1. Black America Web. *Inside Her Story: Dr. Amber Thornton Talks About Mental Health In The Black Community*. June 12, 2018.
<https://blackamericaweb.com/2018/06/12/inside-her-story-dr-amber-thornton-talks-about-mental-health-in-the-black-community/>
2. The Daily Drum w/ Harold Fisher. *Mothers, Mental Health and the Pandemic*. February 10, 2021.
<https://whur.com/podcasts/daily-drum-insight-segment/mothers-mental-health-and-the-pandemic/>
3. Maritia Golden. *The New Strong Black Woman*. March 23, 2022.
<https://maritagolden.com/the-new-strong-black-women/>
4. Fox 5 Washington, DC. *Study: Impact of parental separation on kids*. January 26, 2023.
<https://www.fox5dc.com/video/1171881>
5. Fox 5 Washington, DC. *Dismantling Default Parent Syndrome*. February 17, 2023.
www.fox5dc.com/video/1182035
6. Fox 5 Washington DC. *Study: Ignoring Social Media for 15 mins Equals Better Mental Health*. March 17, 2023. www.fox5dc.com/video/1194887

Media Appearance- Article Feature

1. Just Davia. *5 Mental Health Podcasts by Therapists of Color*. June 16, 2017.
<https://www.justdavia.com/blog/5-mental-health-podcasts-by-therapists-of-color>
2. Women Sound Off. *5 Black Run Mental Health & Wellness Podcasts To Listen To*. February 28, 2019.
<https://womensoundoff.com/blog/2019/2/27/5-black-mental-health-amp-wellness-podcasts-th-at-were-listening-to>
3. DCist. *'We Are Literally Terrified Of Giving Birth': The Road To Motherhood Is Different For Black Women Around D.C.* October 20, 2021.
<https://dcist.com/story/21/10/20/black-mothers-dc-motherhood-birthing-health-disparities/>
4. NPR. *Terrified of giving birth': Road to motherhood is different for Black women in D.C.* October 21, 2021.
<https://www.npr.org/local/305/2021/10/21/1047947764/terrified-of-giving-birth-road-to-motherhood-is-different-for-black-women-in-d-c>
5. BAUCE. *How To Successfully Transition From Stay At Home Mama To Working Mom*. November 10, 2021.
<https://baucemag.com/how-to-successfully-transition-from-stay-at-home-mama-to-working-mom/>
6. Parents. *Instead of Snapping Back, I Saw the Beauty in My Postpartum Body*. September 29, 2022.
<https://www.parents.com/kindred/instead-of-snapping-back-i-saw-the-beauty-in-my-postpartum-body/>
7. Mom.com. *Therapist Confirms Being the 'Default Parent' Is Mentally Exhausting*. January 11, 2023. <https://mom.com/news/therapist-confirms-default-parent-syndrome>
8. Mom.com. *How To Say Goodbye To Default Parenting*. January 12, 2023.
<https://mom.com/momlife/how-to-say-goodbye-to-default-parenting>

9. The Double Shift. *Treating "Default Parenting Syndrome" with Dr. Amber Thornton: How to identify and undo "default parenting" with Dr. Amber Thornton*. January 18, 2023.
<https://www.thedoubleshift.com/treating-default-parenting-syndrome-with-dr-amber-thornton/?ref=katherine-goldstein-from-the-double-shift-newsletter&fbclid=PAAaboYM5GZfGDnqF4KPb37ja9roiDD5E40bHNZXts3G8XQlg1Qu72rUR51mc>
10. TODAY. *Family's doorbell cam footage proves that mom is the 'default parent'*. March 21, 2023.
<https://www.today.com/parents/moms/ring-camera-mom-default-parent-tablet-rcna75353>



Executive Office of the Mayor – Mayor’s Office of Talent and Appointments
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

Dr. Amber Thornton



Dr. Amber Thornton is a clinical psychologist at National Children’s Hospital, and a wellness consultant, author, educator, media contributor, public speaker, and strong mental health advocate.

Dr. Thornton is deeply passionate about working for the optimal mental health and well-being of children, parents, and families. She is the founder of the Know & Grow Podcast, which explores motherhood, parenting, relationships, career, mental health, and the ongoing journey of personal evolution.

A Ward 5 resident, Dr. Thornton earned her Bachelor of Science in Psychology from Ohio State University and her Psy.D. in Clinical Psychology from Wright State University.



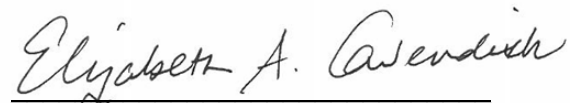
GOVERNMENT OF THE DISTRICT OF COLUMBIA
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

To: Tomás Talamante, Steve Walker
From: Betsy Cavendish
Date: April 15, 2024
Subject: Legal sufficiency review of resolutions nominating Mark Rollins and Dr. Amber Thornton to the Clemency Board

This is to Certify that this office has reviewed the above-referenced resolutions and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Michael Porcello, Deputy General Counsel, Executive Office of the Mayor, at 202-724-0872, or me at 202-724-7681.



Elizabeth Cavendish