



# caroline niederman

SPEAKER | CONSULTANT

## CONNECT WITH ME

☎ +1 (512) 365-0684

✉ [caroline@carolineniederman.com](mailto:caroline@carolineniederman.com)

🌐 [carolineniederman.com](http://carolineniederman.com)

🌐 [LinkedIn](#)

## SPEAKING TOPICS:

- Long-term Care
- Chronic and Invisible Illnesses
- Lingering COVID
- ME / CFS
- Patient Advocacy

## WHAT PEOPLE SAY:

*"A transformative message that directly impacted my patient care"*

Therese Canares, MD, MBA Assistant Professor, Johns Hopkins University School of Medicine

*"Caroline has outlined and paved a path for both physicians on managing and providing sustained patient support, and for patients like herself that are living with an invisible chronic condition"*

Maura Reminga, Somatic Movement Therapist

## SAMPLE VIDEO

## INTRODUCTION

Dr. Caroline Niederman is an educator, speaker, entrepreneur, and equine veterinarian-turned-consultant changing the narrative for people who fall outside the lines of conventional medical diagnosis and treatments for certain chronic long-term conditions. She provides a practical, flexible approach to assisting primary care physicians in addressing the needs of patients with symptoms that land under the umbrella of infection associated chronic illnesses, including myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and long COVID.

## MOST POPULAR PROGRAM

**The Key to Seeing Invisible Illnesses is Synchronizing the Physician and Patient Clocks**

Medical professionals carry a long mental check list with them as they enter the exam room door, all needing to be done in a set amount of time. Often enough time for the routine patient. But time rapidly ticks by if the patient looks normal, has normal test results and yet feels unwell. What if the key for physicians to understand and help these patients is not more time but by synchronizing their linear, predictable clock with the patients' wonky and non-linear, clock.

Dr. Caroline Niederman uses her medical background, journey with a chronic invisible illness and two Disney Fairy tales to bring to life the stop and start journey these patients are on so they can be seen and outlines a path for physicians and patients to partner for effective long term care once their respective clocks are coordinated.

## WHO THIS IS FOR

Health care professionals | Educators | Policy makers