
DR. DELVENA R. THOMAS

Delvena Thomas is a mother, an American soldier, a scientist, and a physician who advocates tirelessly for healthy living to strengthen individuals, families, communities, and workplaces around the world. She is an ardent champion for sound mental health and an expert in the development of evidence-based prevention, as well as treatment strategies that foster it.

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Trained in medicine and psychiatry at the University of Maryland Medical Systems in Baltimore (MD), she is board-certified in psychiatry and neurology, and maintains a private practice in psychotherapy, psychopharmacology, and forensic psychiatry. Dr. Thomas is a consulting psychiatrist for the National Football League. She serves as a voluntary Clinical Assistant Professor at Florida International University's Herbert Wertheim College of Medicine, as well as a consulting psychiatrist at Cleveland Clinic-Florida. She maintains hospital privileges at Aventura Hospital (Aventura, FL), Palmetto General Hospital (Hialeah, FL), and North Shore Medical Center (Miami, FL).



Dr. Thomas is also a Lieutenant Colonel in the U.S. Army Reserves and a veteran of Operations Iraqi and Enduring Freedom who has completed three tours of duty – to Iraq, Afghanistan and Kuwait – to provide mental health care for soldiers needing stress reduction and therapy, family connectedness and spiritual well-being.

In her private practice, Dr. Thomas provides individual, couple, and group therapy to address several issues, including: performance problems experienced by serious amateur and professional athletes, addiction, sexual dysfunction, mood and anxiety disorders.

Dr. Thomas also works as a consultant for companies and government agencies, leading group discussions that help organizations reboot their work climates. Having served as clinical director and chief psychiatrist for the U.S. Department of Justice Federal Bureau of Prisons, she is adept at providing instruction to federal employees and in law enforcement settings.

No stranger to media coverage, Dr. Thomas has lent her expert opinion on a wide array of topics to news organizations, reporting on everything from “bad bosses” and synthetic drugs to military issues. She has been featured on Miami’s Channel 10 news and can be heard regularly on Miami’s Hot 105 FM on the Rick Party Show – “Ask Dr. Delvena”. Dr. Delvena Thomas is a contributing author for the Onyx Magazine in their Health section.

Dr. Thomas received her undergraduate degree from the Notre Dame of Maryland University. She received her medical degree from Philadelphia College of Osteopathic Medicine in 2003 and completed her residency training at the University of Maryland and Sheppard Enoch Pratt Psychiatry Program four years later. During her residency, she also attained her master’s degree.

Dr. Thomas has loved soldiers all her life. She was born in Fort Riley, Kan., and raised in a military family. Today, she lives in Florida with her son. In her spare time, she enjoys watching college and professional football, playing golf and traveling.