



## **Dr Forrest Harding**

Dr. Forrest Harding is a Columbia-trained doctor and human behavior expert. Dr. Harding has been a Robert Wood Johnson Fellow at Yale University School of Medicine and Amgen Fellow at Stanford School of Medicine/Lucile Packard Children's Hospital. Dr. Harding is a specialist in assessment, evaluation and treatment of neurodevelopmental disorders (NDD's, Autism, ADHD) and multi-spectrum neuropsychological clinical presentations across the lifespan.

Dr. Harding earned his undergraduate degree in Neuroscience with highest honors from UC Berkeley and post-graduate training at Columbia University in New York City and Wits University in Johannesburg, South Africa. At Berkeley, Dr. Harding was a Wollenberg, Koshland, Rodkey and Douglas scholar as well as a former foster care youth and first-generation student. Dr Harding's training and research has focused on the intersection of innovation in global mental health care (ADHD/AuDHD and NDD's), artificial intelligence and health inequality. Dr. Harding has published numerous including the forthcoming books, "You Can Be Happy Too" and "Where We Can't Belong."

In addition to professional endeavors, Dr. Harding is a devoted papa to his son 5-year-old son, avid adventurer, cyclist, inventor, author, anthropologist, visual artist and mostly recovered consultant.

## **Serving Patients and Families Across Colorado**

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