Ingrid Cockhren, M.Ed. specializes in cocreating equitable and inclusive environments within institutions, organizations, collective impacts and grassroot movements. Utilizing her knowledge of stress, trauma, and human development, Mrs. Cockhren has been able to translate research concerning diversity/equity/inclusion (DEI) and trauma-informed practices into workplace and organizational solutions that can transform culture and heal.

Mrs. Cockhren graduated from Tennessee State University with a B.S. in Psychology and Vanderbilt University’s Peabody College with a M.Ed. in Child Studies. Her research areas are Adverse Childhood Experiences, race, historical trauma/intergenerational transmission, brain development, developmental psychology and epigenetics. Mrs. Cockhren’s past career experience ranges from juvenile justice, family counseling, early childhood education, professional development & training and community education. In addition to consulting, she is currently an adjunct professor specializing in developmental psychology and African American psychology at Tennessee State University and the TN/Midwest Regional Community Facilitator for ACEs Connection, a social network dedicated to raising awareness of adverse childhood experiences, stress & trauma.

Mrs. Cockhren’s clients and affiliates include ACEs Connection, the Mental Health Cooperative, Thistle Farms, Inc., Metro Nashville’s Public Schools, Meharry Medical College, Tennessee State University Foundation, Tennessee’s Dept. of Children’s Services, Tennessee’s Office of Child Safety, Vanderbilt Medical Center, Raphah Institute, Indiana Youth Institute, Indiana University and Tuskegee University among others.

Ingrid Cockhren is a Clarksville, TN native who currently resides in Nashville, TN with husband Jurnell Cockhren, founder of Civic Hacker, a software development consulting agency.

https://peabody.vanderbilt.edu/alumni/success-stories/story/ingrid-cockhren