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SIGNATURE SPEAKING TOPICS

When Theory Becomes Experience: Tales from the Inside

A physician's first-person journey inside psychedelic-assisted therapy - and what trauma, parts, attachment, embodiment, and healing actually feel like from the inside.

Beyond Insight: When Healing Moves from the Head into the Body

Why understanding trauma isn't always enough - and what becomes possible when healing moves beyond cognition into emotion, sensation, and embodied experience.

Attachment Is Not One Thing

A lived exploration of how different parts of us can seek connection, fear it, test it, and reject it - and why attachment can become central to healing developmental trauma.

Dear Parts: Understanding the Internal System

An accessible journey into parts, protectors, exiles, blending, and Self - and what changes when we stop fighting our internal system and begin listening to it.

The Physician Becomes the Patient

What happens when a doctor trained to observe, diagnose, and fix becomes the person inside the illness, trauma, vulnerability, and healing.

ADDITIONAL TOPICS: Complex PTSD • Developmental Trauma • Psychedelic-Assisted Therapy • Somatic Healing • Therapeutic Attachment • Chronic Illness & Trauma • Self-Leadership • Integration