

Emma J. Church, PsyD: Transforming Trauma Recovery Through Holistic Healing in Waco, Texas

Innovative Trauma Recovery Coach and Holistic Healer Combines Clinical Expertise with Intuitive Healing Practices



New York City, New York Nov 5, 2024 ([IssueWire.com](https://www.issuewire.com)) - A renowned trauma recovery coach and holistic healer, Dr. Church is revolutionizing the mental health landscape with her integrative approach to healing trauma and abuse. At Dr. Church Coaching and Consulting, LLC, located in Waco, Texas, she emphasizes the significance of understanding the underlying social and cultural programming that can lead to disconnection from one's true self.

With nearly twenty years of experience as a psychotherapist, Dr. Church expertly merges innovative intuitive healing modalities with her robust background in clinical psychology, empowering individuals to reclaim their authentic selves in a supportive and compassionate environment.

"As you do the work of understanding your traumas, you will likely begin to comprehend the social and cultural programming that has caused your disconnection from your true self," she shares on her website. "When you heal your heart, you heal the world."

Dr. Church's impressive academic credentials include a Bachelor's Degree in the Interdisciplinary Study of Art, Music, and Psychology, as well as a Master's and Doctorate in Clinical Psychology. She further enhances her practice with certifications in Jungian approaches to spiritual development, Reiki energy healing, somatic practices, human rights consulting, and complex trauma syndromes. This diverse educational background fuels her commitment to holistic healing—addressing the mind, body, and soul in her therapeutic approach.

Dr. Church's journey into psychology was sparked by a personal mental health crisis in her twenties, revealing the transformative potential of compassionate therapy. After becoming a licensed clinical psychologist by age 28, she felt constrained by traditional mental health practices and the labels that often accompany them. In 2019, a severe trauma led her to a profound awakening, prompting her to explore alternative healing practices and ultimately resign her psychology license in 2022 to focus solely on trauma recovery coaching.

Today, Dr. Church serves as a compassionate guide for clients navigating their healing journeys. "You are not alone," she reassures those she works with. "I am here to provide the support, compassion, and tools you need to become your most whole self."

In addition to her coaching, she is a passionate speaker and advocate for human rights, addressing topics such as trauma-informed care and social justice. Through her work, she fosters a vibrant healing community where trauma survivors can reclaim their power and rediscover hope, igniting a ripple effect of collective healing that transcends generations.

Learn More about Dr. Emma J. Church:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/494691-Emma-Church-Psychologist> or through her website, <https://dremmajchurch.com/about/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Emma J. Church, PsyD

[See on IssueWire](#)