

Lisa Danylchuk, LMFT, E-RYT, is a licensed psychotherapist and founder of The Center for Yoga and Trauma Recovery. A graduate of UCLA and Harvard University, her work has pioneered the field of trauma-informed yoga and transformed our understanding of embodiment practices in therapeutic work. More than 400 providers from 32+ countries have completed Lisa's Yoga for Trauma (Y4T) Online Training Program, the first virtual program to train providers offering trauma-informed yoga. Lisa currently serves as President for the International Society for the Study of Trauma and Dissociation, and has served in leadership roles for the organization for the past 5 years. Her research has been published by the American Counseling Association and she has contributed to many peer-reviewed articles in the fields of trauma and human development. She's written for the American Psychological Association, Good Therapy and was named one of the top 20 Inspirational Yoga Teachers To Follow in 2016. Honored as Lululemon's first California ambassador, her website www.howwecanheal.com has also been recognized as a Top 25 Yoga Blog. Lisa's books include *Embodied Healing: Using Yoga to Recover from Trauma and Extreme Stress* (2015), *How You Can Heal: A Strength Based Guide to Trauma Recovery* (2017), and most recently *Yoga for Trauma Recovery: Theory, Philosophy, and Practice* (2019). She is also a contributing editor for the *Best Practices for Yoga for Veterans*, published by the Yoga Service Council. Lisa lives in the San Francisco Bay Area. When she's not writing or teaching, you'll likely find her running trails in nearby parks or snuggling with her two dogs, Iris and Bumi.