

## **Emma J. Church, PsyD: Pioneering Holistic Trauma Recovery in Waco, Texas**

**Trauma Recovery Coach, Certified Trauma Professional, Reiki Energy Healer, and Human Rights Consultant – Offering Transformative Healing for Mind, Body, and Soul**



**New York City, New York Oct 18, 2024 ([IssueWire.com](https://www.IssueWire.com))** - Emma J. Church, PsyD, a dedicated trauma recovery coach and holistic healer, is making waves in the mental health community with her unique approach to healing trauma and abuse. With nearly two decades of experience as a psychotherapist, Dr. Church combines innovative intuitive healing modalities with her extensive knowledge in clinical psychology to empower individuals on their journeys to reclaim their authentic selves.

At Dr. Church Coaching and Consulting, LLC, her practice in Waco, Texas, Dr. Church emphasizes the importance of understanding the deep-rooted social and cultural programming that contributes to disconnection from one's true self. "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 explains on her website. "When you heal your heart, you heal the world."

Dr. Church holds a Bachelor's Degree in the Interdisciplinary Study of Art, Music, and Psychology, along with a Master's and Doctorate Degree in Clinical Psychology. Her expertise is further enhanced by certifications in Jungian approaches to spiritual development, Reiki energy healing, somatic practices, human rights consulting, and complex trauma syndromes. This diverse educational background underpins her commitment to holistic healing—addressing the mind, body, and soul.

Dr. Church's inspirational journey into the field of psychology began with a personal mental health crisis in her early twenties, which illuminated the transformative power of compassionate therapy. By age 28, she had become a licensed clinical psychologist, driven to embrace and support every client who entered her practice. However, as she advanced in her career, Dr. Church grappled with the limitations of traditional mental health practices. She felt conflicted about labeling individuals whose struggles were deeply rooted in systemic pain and trauma.

In 2019, following a period of severe trauma, Dr. Church experienced a transformative awakening that shifted her perspective on healing. Recognizing the inadequacies of conventional therapy to address her pain, she explored a variety of healing practices, including spirituality and energy healing. In a bold move in 2022, after 15 years in the clinical field, she resigned her psychology license to fully embrace her role as a trauma recovery coach.

Today, Dr. Church serves as a compassionate guide for individuals navigating their healing journeys. She customizes her approach to meet the unique needs of each person, drawing from her own lived experiences as a trauma survivor. "You are not alone," she reassures her clients. "I am here to provide the support, compassion, and tools you need to become your most whole self."

In addition to her coaching work, Dr. Church is a passionate speaker and human rights educator. She shares her insights on various topics, including trauma-informed care, narcissistic abuse, post-traumatic growth, multicultural issues in mental healthcare, and social justice.

Dr. Church is dedicated to cultivating a vibrant healing community where trauma survivors can reclaim their power and rediscover hope. With each transformative session, she ignites the potential within individuals, guiding them on their unique journeys toward healing and empowerment. Her work not only reshapes lives but also contributes to a profound ripple effect of collective healing that resonates through generations. In Dr. Church's hands, the journey becomes not just about overcoming trauma but about thriving, awakening, and inspiring others to join the movement toward a brighter, more compassionate future.

**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/>

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