



Dr. Tracy HUTCHINSON, Ph.D.

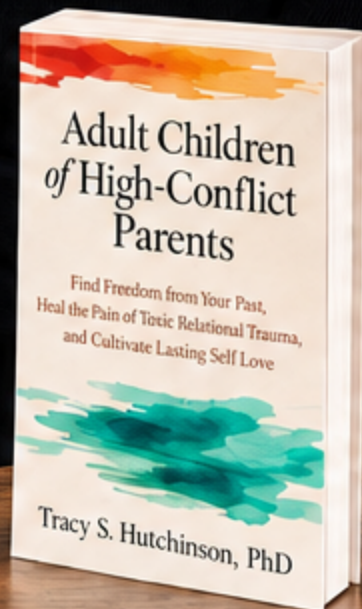
THERAPIST | PROFESSOR | AUTHOR | SPEAKER | CLINICAL SUPERVISOR

Helping Adults *Heal* from the Impact of High-Conflict and Emotionally Unsafe Relationships.

Through decades of clinical experience, scientific research, and compassionate guidance, I help adults heal the wounds of relational trauma, reclaim their self-worth, and transform their lives.

“

Mental strength is not the absence of suffering. It is the courage to heal.



EDUCATE

Bringing clarity to complex trauma and relational patterns.



ENLIGHTEN

Providing evidence-based insight that inspires awareness and change.



EMPOWER

Equipping individuals to heal, set boundaries, and create meaningful, authentic lives.

AS FEATURED IN & APPEARED ON

VOGUE

abc

CBS

NBC

AP ASSOCIATED PRESS

Woman's World

SELF

THE HILL

U.S. News

Experience You Can Trust • Compassion You Can Feel • Transformation That Lasts

www.drtracyhutchinson.com

MEDIA KIT *Expert. Author. Healer. Educator.*



SPEAKING TOPICS

- Narcissistic and Sociopathic Abuse in Families and Relationships
- Healing Family Relational Trauma
- Mental Strength and Resilience
- Healing Through Spirituality
- Shifting Consciousness for Lasting Change
- Emotional Empowerment and Self-Love



AUDIENCES

- Mental Health Professionals
- Survivors of Relational Trauma
- Adult Children of High-Conflict Families
- Academic Institutions
- Spiritual & Wellness Communities



PERFECT FOR



PODCAST INTERVIEWS



KEYNOTE SPEAKING



EXPERT ARTICLES



PANELS & CONFERENCES



WEBINARS & WORKSHOPS



MEDIA & PRESS



POSSIBLE INTERVIEW QUESTIONS

- What are the long-term effects of growing up in a high-conflict family?
- How can adult children break generational patterns and heal?
- What is narcissistic abuse and how does it show up in families and relationships?
- What are the most important steps in the healing process?
- How can we build self-worth, resilience, and emotional strength after trauma?

ABOUT DR. TRACY HUTCHINSON, Ph.D.

Dr. Tracy Hutchinson is a licensed psychotherapist, professor, author, clinical supervisor, and internationally published expert in narcissistic abuse, relational trauma, and the long-term impact of high-conflict family dynamics.

She is the author of *Adult Children of High-Conflict Parents*, a groundbreaking book that offers insight and practical strategies for breaking generational patterns, setting boundaries, and cultivating self-love and emotional freedom.

Dr. Hutchinson serves as a faculty member in the Clinical Mental Health Counseling graduate program at The College of William & Mary, where she teaches, mentors, and supervises the next generation of mental health professionals.

Her work bridges cutting-edge research with deep compassion, supporting individuals, professionals, and communities worldwide.



SHORT BIO

Dr. Tracy Hutchinson, Ph.D., is a licensed psychotherapist, professor, author, and clinical supervisor specializing in narcissistic abuse, relational trauma, and family dynamics.

She is the author of *Adult Children of High-Conflict Parents* and a faculty member at The College of William & Mary.

She helps individuals break generational patterns, build resilience, and create authentic, empowered lives.

BOOK INFORMATION



Adult Children of High-Conflict Parents

Find Freedom from Your Past, Heal the Pain of Toxic Relational Trauma, and Cultivate Lasting Self Love

By Tracy S. Hutchinson, PhD
Publisher: New Harbinger
Available in paperback, eBook, audiobook, and Kindle.

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