

MEDIA KIT 2024

MANDY MORRIS

EXECUTIVE PSYCHOLOGY COACH
LICENSED PROFESSIONAL COUNSELOR (LPC)
CERTIFIED EMDR CLINICIAN



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ABOUT ME

Meet Mandy Morris @therapist_Mandy, an Executive Psychology Coach, Licensed Professional Counselor (LPC), and Certified EMDR Clinician with over a decade of experience in helping leaders, entrepreneurs, and individuals achieve deep emotional healing and personal transformation. Mandy's mission is to free people from the chains of traumatic wounds and break the destructive cycles of unhealthy beliefs and behaviours that often hold them back.

With specialized expertise in Eye Movement Desensitization and Reprocessing (EMDR), a cutting-edge trauma therapy, Mandy helps individuals rewire their minds and heal the unhealed parts of themselves. Her unique approach allows clients to reconnect with their purpose, break through internal barriers, and live in alignment with who they are truly meant to be. As someone who understands the high-stress demands of leadership, Mandy's approach goes beyond traditional therapy. She works with executives, leaders, and entrepreneurs to help them overcome personal and professional challenges, reduce stress, and find clarity and balance in their mission.

Her process is designed for those who want real transformation without the clinical feel, focusing on forward momentum and tapping into your highest potential. Mandy's combination of trauma expertise, executive psychology coaching, and a results-driven approach makes her a trusted guide for those seeking to live in the freedom of their purpose and fully step into their calling.

"...decline is normal. It's normal to have ups and downs. And especially as you're growing when there are things that don't work, it's normal."



TALKING POINTS

1. Healing can be much faster than you once thought
2. Expertise in Trauma Works with entrepreneurs and executives doing coaching and psychology
3. What is CBT therapy?
4. What is EMDR therapy?

Media

Newsweek - Uncle Babysitting Backed for Where He Took Nephew When Mom Was Late
November 2024

Boss Uncaged Podcast - Mental Health Therapist & Co-Founder Of Mosaic Counseling Group: Mandy Morris AKA The Therapy Boss - S3E10 (#106)
October 2024

Twins Talk It Up Podcast - Episode 118 Executive Therapy
October 2022

BrainShape Podcast - Episode 127: Mental Health, Therapy, and Healing with guest Mandy Morris
August 2021

The Half Time Orange Podcast - The Emotion Behind You Being You
March 2021

Ungraduated Living & Learning Podcast - Mandy Morris| How Observation of Thought Improves Mental
December 2021

Braving The Journey Podcast - The Journey through shame and self doubt with therapist Mandy Morris
August 2020