

Dr. Patricia Grenelle, PsyD

Psychologist • Author • Trauma-Informed Speaker

Dr. Patricia Grenelle is a psychologist, author of *We Were a Nice, Normal Family*, and a sought-after trauma-informed speaker. Her work bridges clinical insight with lived experience to help audiences better understand trauma, relationships, and recovery.

She speaks with clarity and compassion about how childhood trauma, abuse, and attachment wounds shape adult lives — and how healing is possible.



SIGNATURE TOPICS

- ✓ Childhood Trauma & ACEs
- ✓ C-PTSD and PTSD
- ✓ Narcissistic Abuse
- ✓ Domestic & Sexual Violence
- ✓ Attachment Theory & Relationships
- ✓ Human Trafficking
- ✓ Clinical Depression
- ✓ Boundary Setting
- ✓ Writing a Memoir After Trauma
- ✓ Misogyny & Gender-Based Harm
- ✓ Forensic Psychology & Heinous Crimes



ABOUT HER WORK

Dr. Grenelle brings together psychological science, trauma-informed care, and personal experience to create talks that are educational, moving, and empowering. Her presentations help people understand both the deep impact of trauma and the pathways to healing.

BOOK

We Were a Nice, Normal Family: A Memoir of Trauma and Recovery

A powerful story of surviving abuse, breaking silence, and reclaiming personal power.



SPEAKING STYLE

DR. GRENELLE'S TALKS ARE KNOWN FOR BEING:

- Trauma-informed
- Honest and deeply human
- Psychologically grounded
- Emotionally resonant
- Empowering and validating

Her presentations are appropriate for professional conferences, advocacy organizations, book events, universities, survivor communities, and mental-health audiences.

CONTACT DETAILS



Book Dr. Grenelle



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