

Hala R. Khouri

M.A., M.A., SEP, E-RYT

Trauma-Informed Educator • Author • Curriculum Developer • Organizational Consultant

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ABOUT

I am a somatic counselor, educator, and organizational consultant with over two decades of experience at the intersection of trauma healing, social justice, and collective resilience. My work spans higher education, nonprofit leadership, clinical practice, and publishing — always grounded in the belief that personal and collective liberation are inseparable. I train individuals and organizations to build cultures where people can be both accountable and whole.

EXPERIENCE

Adjunct Professor — Critical Community Engagement | *Pitzer College* 2021–2025

- Taught a course weaving social justice, trauma healing, and civic engagement, with student internships at community organizations.

Lead Faculty — Psychosomatic Practitioner Certificate | *Integrative Psych Institute* 2022–2026

- Developed and taught graduate-level curriculum integrating somatic psychology and trauma theory.

Trainer & Consultant — Trauma-Informed Leadership | *Independent Practice* 2014–present

- Partner with education, nonprofit, corporate, and activist organizations on trauma-informed culture change.

Founder & Lead Trainer | *Collective Resilience* 2007–present

- Created a 150-hour certification in trauma-informed somatic practices with foundational, intermediate, and advanced levels.

Lead Trainer — Trauma-Informed Care & DEI | *A Thousand Joys* 2013–present

- Design and deliver trainings for schools and community organizations focused on trauma-informed care and equity.

Co-Founder & Curriculum Director | *Off the Mat, Into the World* 2007–2022

- Co-led a national nonprofit bridging yoga, activism, and social justice — responsible for curriculum, faculty development, and strategic direction.

Somatic Counselor | *Private Practice* 2003–present

- Clinical work with individuals living with trauma using somatic and depth psychology approaches.

COURSES & PROGRAMS

Practicing Liberation: Advanced Facilitator Training — *halakhouri.com* 2025–present

- Live virtual training for experienced facilitators, educators, and leaders on navigating conflict, belonging, accountability, and trauma-informed leadership.

Radical Wellbeing Community — *radicalwellbeing.community* Ongoing

- Membership community offering courses, resources, and live sessions on somatic healing, resilience, and liberation practice.

BOOKS & PUBLICATIONS

- *Practicing Liberation: Transformative Strategies for Collective Healing and Systems Change*. North Atlantic Books, 2024. (**Editor & Contributing Author**)

- *Peace from Anxiety: Get Grounded, Build Resilience and Stay Connected Amidst the Chaos*. Shambhala Publications, 2021. **(Author)**
- *Embodied Resilience through Yoga*. Llewellyn Publications, 2020. **(Contributing Author)**

EDUCATION & CERTIFICATION

M.A., Depth Psychology — Community, Liberation, Indigenous & Ecopsychology Pacifica Graduate Institute	2016–2018
M.A., Counseling Psychology — Depth Psychology Pacifica Graduate Institute	2001–2004
B.A., Psychology & Religion — Cum Laude Columbia University	1991–1995
Somatic Experiencing Professional (SEP) — Three-year training + supervision	2004–2007

SELECTED RESEARCH

Know Justice, Know Peace: Transformative Movement Organizing and Healing Justice — Pitzer College, 2018–2020

Pedagogy of Resilience: Self-Reflexive Teaching and a Trauma-Informed Approach — Pacifica Graduate Institute, 2018

Social Justice in Education: Barriers, Possibilities and Praxis — Pacifica Graduate Institute, 2017