

Hala R. Khouri

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

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AREAS OF EXPERTISE

Trauma-Informed Pedagogy • Higher Education Curriculum Design • Somatic & Embodied Education • Civic Engagement & Social Justice Frameworks • DEI Facilitation • Organizational Culture Change • Healing Justice • Restorative Practices • Leadership Development • Community-Based Learning

EDUCATION & CERTIFICATION

M.A., Depth Psychology Specialization in Community, Liberation, Indigenous & Ecopsychology
Pacifica Graduate Institute, Carpinteria, CA | 2016–2018

M.A., Counseling Psychology Emphasis in Depth Psychology
Pacifica Graduate Institute, Carpinteria, CA | 2001–2004

B.A., Psychology (major), Religion (minor) Cum Laude
Columbia University, New York, NY | 1991–1995

Somatic Experiencing Professional (SEP)
Three-year professional training plus supervision | 2004–2007

EXPERIENCE

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

- Partner with education, mental health, nonprofit, and activist organizations to train staff and leaders in trauma-informed approaches.
- Facilitate organizational culture change through experiential, somatic, and equity-centered curriculum.

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

- Created a 150-hour certification program in trauma-informed somatic practices, including foundational, intermediate, and advanced levels with supervision and mentoring.
- Curriculum centers collective and community resilience, making somatic tools accessible across diverse populations.

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

- Develop and deliver trainings in trauma-informed care and wellbeing for schools and community-based organizations.
- Design professional development programs that create long-term organizational culture change.

Trainer- Trauma Informed Leadership | *Coro California*

- Develop and deliver trainings in trauma informed leadership to fellows doing work in climate justice, housing justice and civic engagement.

Lead Faculty- Integrative Psychology M.A. Program | *Integrative Psych Institute* 2022–2026

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

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

- Designed and taught a semester-long course weaving social justice theory, trauma healing, and civic engagement, with students completing internships at local community organizations.
- Developed curriculum grounded in trauma-informed and somatic frameworks adapted for undergraduate learners.
- Course serves as a direct model for the trauma-informed civic engagement curriculum this fellowship aims to develop and scale.

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

- Co-founded a national nonprofit bridging yoga and activism within a social justice framework, reaching thousands of participants across the U.S.
- Led curriculum development, faculty training, community partnerships, and strategic planning for social-change leadership programs.

Somatic Counselor | *Private Practice* 2003–present

- Clinical work supporting individuals living with trauma, integrating somatic and depth psychology approaches.

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: 30 Mindful Essays About Finding Empowerment After Addiction, Trauma, Grief, and Loss*. Llewellyn Publications, 2020. **(Contributing Author)**

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
- "Trauma-Informed Yoga for System-Involved Youth," Central Juvenile Hall, Los Angeles, 2004