

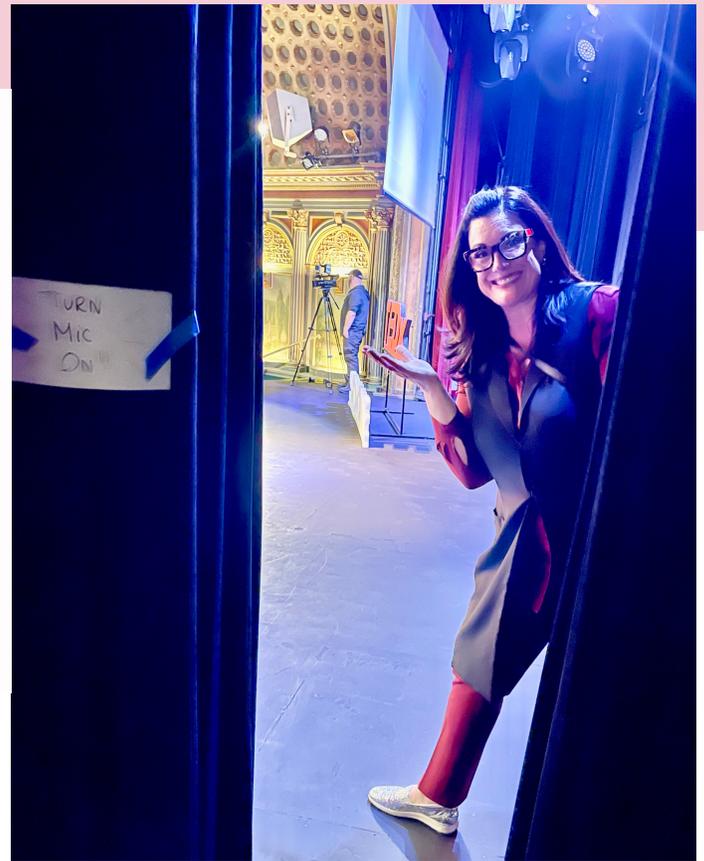
DR. SHAWN HORN

THE SHAME-BUSTING PSYCHOLOGIST: INSPIRATION, MOTIVATION, AND MENTAL HEALTH SPEAKER

"Transform from the person you were programmed to be into the person you were designed to be."

BIO

Dr. Horn brings her extensive experience and knowledge to educate, motivate and inspire audiences all audiences. Whether it is CE presentations to professional organizations/conferences or keynote speaking to various interest groups, her dynamic engagement captivates audiences. Her hope is to inspire, motivate and encourage all audiences to transform from the person they were programmed to be into the person they were designed to be. Presentations include: Shame-Free Parenting, Shame-Free Education, Various topics on DBT, "UPLIFT, Equip and fulfill! Own your awesome & rock your power.". Audiences have consistently provided enthusiastic reviews.



TESTIMONIALS

"I've been honored with the opportunity to have Dr. Shawn as a speaker for my events for two years in a row and her speaking skills, years of knowledge, reliability to audience, and natural outgoing/energetic personality have shined through each time!! Attendees who have heard her speech admire the true passion she has for sharing helpful information to them in a way that allows them to feel & be HEARD."

-Autumn, event organizer

"I've truly learned more in one of your podcasts than 20 years of counseling."

-K. R.

SPEAKING TOPICS & MORE!



Dr. Shawn Horn 
INSPIRED LIVING

drshawnhorn.com



AS SEEN ON

KREM2

TEDxSpokane
x = independently organized TED event

UNCOVERED

KEYNOTE TITLES

- You: Reclaimed and Rewritten
- Diagnosis is not Destiny!
- Shame-busting Mental Health Stigma
- Depression Awareness: A Shame-Free Perspective
- Emotions of Polyvagal Theory

PODCAST

Dr. Horn hosts the Inspired Living Podcast and has been a guest on over 14 other podcasts!

For events and podcasts, Dr. Horn can customize her talks for your needs

PAST EVENTS

Speaker, EntitleDID To Life, *Shamebusting Mental Health Stigma: Understanding Dissociative Identity Disorder and OSDD, Diagnosis, treatment and how to navigate mental health care*, September 2021

Speaker, What We Crave Summit, *The Psychology and Biology of Emotional Eating with Dr. Shawn Horn*, September 2021,

TEDx Speaker, *Our Daily Dose of Shame*, TEDx Spokane October 2021

Keynote, WEI's Women in Energy Symposium, *Shamebusting Digital Communication: The hidden reasons it is making you feel bad and what you can do about it for emotional resiliency, optimal wellness and improved performance*. Nov 2021