

Rosa Shetty, LCSW

**Speaker on Childhood Trauma & Inner Child Healing
Workshops for Women & Culturally Grounded Communities**



Rosa Shetty, LCSW, is a trauma-informed psychotherapist and speaker with over 20 years of experience across hospital systems, federal veteran healthcare, child welfare, and integrated psychiatry. Her work centers on complex childhood trauma and the ways early relational experiences continue to shape identity, relationships, and emotional life in adulthood.

As a first-generation daughter of Mexican parents, she brings both clinical depth and lived understanding to conversations on trauma, intergenerational healing, and emotional health.

In her work, she focuses on making complex trauma understandable, creating space for reflection, and connecting clinical insight to everyday experience.

Host, Inner Healing Paths Podcast (100,000+ downloads)

Author, Inner Child Meditation Journal

Available for keynotes, workshops, panels, and community-based events.

SIGNATURE TOPICS

- From Survival to Healing: Understanding Childhood Trauma in Adulthood
- Reconnecting with the Inner Child: A Path Toward Emotional Healing
- Intergenerational Trauma & Cultural Identity
- Emotional Regulation Through a Trauma-Informed Lens

WHO ROSA WORKS WITH:

- Community organizations and nonprofits
- Women-centered spaces and wellness groups
- Schools, parent groups, and educational settings
- Mental health organizations and professional groups
- Latino and culturally grounded communities

BOOKING & CONTACT

Rosa Shetty

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