


# Dra. Lydiana Garcia, PhD

Bilingual Psychologist | Coach | Speaker | Podcast Host

Dra. Lydiana is a Boricua psychologist and founder of The Beyond Resilience Life organization. She is on a mission of helping those impacted by trauma remember and reclaim their true selves, intuition, joy, pleasure, power, and live a purposeful life. She does it via psychotherapy (California residents), The Beyond Resilience Life bilingual (English/Spanish) podcast, Licensed Psychologist, Now What? podcast, speaking engagements, and coaching. She is also a mom of 2 little ones, and enjoys traveling with her husband and family.



 **7,500+**  
@dr.lydianagarcia

 **660+**  
@drlydianagarcia

 **6,400+**  
average monthly views

 **800+**  
email subscribers



## Contact

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[www.thebeyondresiliencelife.com](http://www.thebeyondresiliencelife.com)

## Speaking Topics

- ✓ Mental health tool kit for every day life
- ✓ It didn't start with you, but it can end with you; exploring, ancestral wounds and healing.
- ✓ Reclaiming your identity to let go of imposter syndrome
- ✓ Reconnected; practices to help you feel connected to yourself, where you live and to others
- ✓ Adolescents and Parenting
- ✓ Trauma and Resiliency
- ✓ Wellness and Self-Care
- ✓ Generational Trauma Healing
- ✓ Building Safety in the Body
- ✓ Reclamation Journey after Trauma
- ✓ BIPOC Collective Trauma

AS FEATURED IN



VoyageLA

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# Recent Events, Collaborations & Engagements

## TV presentations

- > Preocupación por el incremento del estrés y los pensamientos suicidas entre jóvenes por el coronavirus:

<https://www.univision.com/local/los-angeles-kmex/preocupacion-por-el-incremento-del-estres-y-los-pensamientos-suicidas-entre-jovenes-por-el-coronavirus-video>

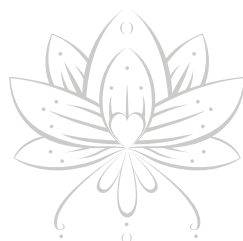
- > Las razones por las que no debes gritar a tus hijos y las claves para no hacerlo:  
<https://www.univision.com/local/los-angeles-kmex/las-razones-por-las-que-no-debes-gritar-a-tus-hijos-y-las-claves-para-no-hacerlo>

- > Depresión crónica, un trastorno que cada día está afectando más niños en el mundo:

<https://www.univision.com/local/los-angeles-kmex/depresion-cronica-un-trastorno-que-cada-dia-esta-afectando-mas-ninos-en-el-mundo-video>

- > Consejos para lidiar con los cambios emocionales de los niños tras el regreso a clases:

<https://www.youtube.com/watch?v=Ql6pn5Fg50c>



## Recent Podcasts

- 1. About Consent podcast**  
Episode 4: Beyond Trauma & Into Resilience
- 2. The Dr. Valerie Podcast**  
Breaking Patterns and Healing Generations
- 3. The Breastfeeding Talk Podcast with Jacqueline Kincer**  
#006: Postpartum Emotional Healing with Dr. Lydiana Garcia
- 4. Starting with Gratitude with Jocelyn**  
Dr. Lydiana Garcia is Grateful for her home: Generational Cycles, Questioning Beliefs, & Therapreneurship
- 5. Café con Pam**  
Beyond Resilience Life with Dr. Lydiana Garcia
- 6. Wait Hold Up!**  
Ep. 59: Processing Grief (w/Dr. Lydiana Garcia)
- 7. The Unspoken Truths**  
Help after sexual violence with Dr. Lydiana Garcia
- 8. Bori-Qué with Caroline Gómez**  
Ep. 6: La Cerca (with Dr. Lydiana Garcia)
- 9. Connect Podcast with Sheila Botelho**  
061: Supporting Your Mental Health with Dr. Lydiana Garcia
- 10. T.H.E. Celebration by tom Earl**  
Compassionate Survival & Dancing Through Healing with Jaysin James and Dr. Lydiana Garcia
- 11. The Mama Thrive Village Podcast**  
Beyond Resiliency with Lydiana Garcia, PhD
- 12. Latinx Therapy**  
Sexual Abuse in Teens (episode in Spanish too)
- 13. Se Regalan Dudas Podcast**  
¿Cómo lidiar con el agotamiento emocional y mental?



## Recent Publications

- > **Oprah Daily**  
How to Cope with Stress
- > **LA Times**  
Why Latinos can benefit from a culturally competent therapist, and how to find one
- > **Fierce by Mitú**  
This Boricua psychologist wants Latinas to understand the different types of trauma
- > **VoyageLA magazine**  
Meet Lydiana Garcia of the Beyond Resilience Life

## Recent Events

- > Fraser Conference 2022 - Keynote Speech, June 17th 2022
- > 2nd Annual Salud Y Poder Virtual Summit -  
Podersitas mental health round table, May 10th 2022
- > Healing Intergenerational Trauma - panelist at an event coordinated by  
Her Own Lane and Latinas Poderosas
- > Navigating Emotional Manipulation From Our Parents - webinar collaboration  
with Her Own Lane
- > Healing Intergenerational Trauma and Self-Regulation Skills - workshop for  
School of Mom organization
- > Releasing What No Longer Serves You - workshop for a corporation
- > Working with Latinas in therapy - presentation at The Los Angeles County  
Psychological Association

## As Featured In



VoyageLA



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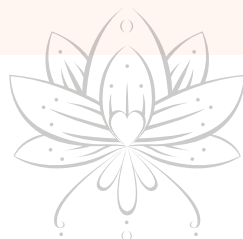
HIPLATINA



LACPA  
LOS ANGELES COUNTY  
PSYCHOLOGICAL ASSOCIATION



SE  
REGALAN  
DUDAS



# Licensed Psychologist, Now What? *Podcast*



Licensed Psychologist, Now What? Podcast is a podcast about the journey psychotherapists and psychologists embark on to reclaim their intuition and unleash their healing gifts, as they maneuver into becoming a psychotherapist/psychologist, life, and making a living.

Licensed Psychologist, Now What? Podcast is Dra. Lydiana Garcia's second podcast that debuted August of 2021.

## Statistics

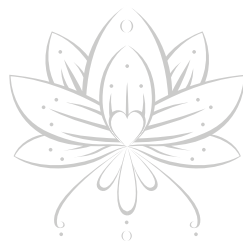
**1,300+**  
*overall podcast  
downloads*

**140+**  
*average monthly  
downloads*

**7,500+**  
*Instagram Followers  
@dr.lydianagarcia*

## Most Recent Episodes

1. Reconnecting with our Soul's Desires and Gifts Parts 1-3  
*with Dr. Lydiana Garcia, PhD*
2. Rediscovering Our Sense of Belonging *with Becca Piastrelli*
3. Nature Therapy *with Diana Lleras, LPC*



# The Beyond Resilience Life *Podcast*



THE  
BEYOND RESILIENCE  
LIFE

The Beyond Resilience Life is a Bilingual (English / Spanish) podcast about healing trauma, life adversities, bouncing back, and transforming one's life. It is host by Dra. Lydiana Garcia, a licensed psychologist in Los Angeles, CA. The mission of the podcast is to remind you that no matter what happened to you, you are Whole and have the right to reclaim your joy, pleasure and live a purposeful life.

## Statistics

38,300+

*overall podcast  
downloads*

1,500+

*average monthly  
downloads*

1,300+

*Instagram Followers  
@thebeyondresiliencelife*

## Most Downloaded Episodes

1. Trauma, the Gut and Healing *with Dr. Nicole LePera*
2. Substance Use as a Method to Cope with Unresolved Trauma  
*with Genesis Games, LMHC*
3. Reparenting Ourselves After Experiencing Early Childhood Trauma  
*with Lizeth Toscano, ASCW*

