

Healing My Parts

Destigmatizing
DISSOCIATION



“Monika changed the way I think about complex dissociation.”

—Attendee

Monika Ostroff LICSW, CEDS-S

Speaker · Educator · Advocate · System

MEDIA KIT 2025

Hi. I'm Monika

SPEAKER · ADVOCATE · THERAPIST · SYSTEM

I'm the founder of **Healing My Parts**—a platform created by and for survivors, clinicians, and curious humans navigating the realities of dissociation, complex trauma, and system life.

I'm a **Licensed Independent Clinical Social Worker (LICSW)** and **Certified Eating Disorder Specialist & Supervisor (CEDS-S)** with over 25 years in the mental health field—and a lifetime as a dissociative system (clinically known as Dissociative Identity Disorder). I bring both deep clinical experience and lived wisdom to every stage, classroom, podcast, and consulting table I join.

Whether I'm keynoting a national conference, unpacking the ethics of AI in mental health on 60 Minutes, or walking into a room full of people who were told they were too much—

I show up with one goal: **to make truth less terrifying and healing more possible.**

You'll find me speaking about trauma, dissociation, parts work, imposter syndrome, advocacy, recovery, and the moments that changed everything.

Sometimes I'm funny.
Always honest.
Never interested
in sugarcoating.



SIGNATURE TALKS & TRAINING TOPICS

Whether you're planning a conference keynote, community gathering, or professional training, Monika brings lived insight, clinical expertise, and relatably human storytelling—often with a touch of humor—to every space she enters.

Sample Survivor & Community Talks

- Too Broken to Fix. Too Rebellious to Quit.
- Out of the Fire: Claiming the Life I Was Denied
- Three Decades of Silence: Birthing a Life Beyond Abuse and Trafficking
- From Patient to Powerhouse: How One Survivor Flipped the Script on a Broken System
- She Said No to Harm—And Yes to Herself: A Survivor's Fierce Rise from the Ashes

Foundational Trainings for Clinicians

- Moving Beyond the DID Myths and Stereotypes: Compassionate Care That Moves the Needle Forward
- Leveraging Direct Engagement With Parts for System Safety and Healing
- When Resistance Is Missed Switching: Rethinking "Noncompliance" in Dissociative Systems

Attendee Testimonial

"Monika speaks, and the room leans in. You feel seen. You leave changed. It's powerful, honest, unforgettable."

Custom trainings and full session descriptions available upon request.

Sample Professional & Clinical Talks

- Shedding the Cloak of Imposter Syndrome: Thriving as a Professional with DID
- From Fragmented to Fierce: Stepping into the Power of DID
- Truth as Praxis: Leading with DID in a Profession That Prefers Silence
- When Treatment Resistant Means Truth Intolerant: Becoming the Blueprint for Compassionate Care

Ethics & Professional Practice

- Ethical Care When You Don't "Believe" in DID: The Cost of Skepticism in Trauma Treatment
- When Power and Parts Collide: Boundaries, Consent, and Working with Dissociative Systems
- Clinical Humility in DID Work: A Framework for Staying Curious Instead of Controlling

Clinical Skills Workshops

- Practical Tools for DID & OSDD Parts Work: From Mapping & Communication to Co-Regulation & Thriving
- Treatment Planning for Dissociative Systems: What Helps and Harms
- When Systems Shutdown: Understanding Backlash and Pullback After Breakthroughs and Breakdowns

How to Book Monika

Bring powerful storytelling, lived expertise,
and clinical depth to your next event.

Formats Available

Keynotes (60-90 Minutes)

Ideal for conferences, summits, and awareness events

Workshops (60-90 Minutes)

Interactive and skills-focused—great for clinical teams or community groups

Half Day Trainings (2-3 Hours)

Includes tools, case examples, and discussion

Full Day Trainings (5-6 Hours)

Great for organizational change, staff education, or system-wide learning

Available In-Person or Virtually

Every session is tailored to your audience.

Need a more specific topic, tone, or training goal?
Let's collaborate to meet your needs.

Audiences Served

- Clinicians & Mental Health Professionals
- Survivor Communities & Peer-Led Groups
- Advocacy & Disability Justice Orgs
- Schools, Universities, & Grad Programs
- Conference Hosts & Nonprofit Leaders



"Whether it's a mic, a room, or a Zoom—Monika shows up ready to shift the narrative."

Testimonials & Past Features

IMPACT

We absolutely loved the insight Monika shared with Abbie because it's a view you don't hear about.

-Full Plate Podcast
2025

I walked away with a fresh perspective and a toolkit I couldn't wait to bring to my clients."

-Workshop Attendee 2025

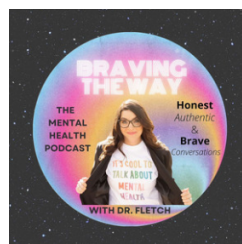
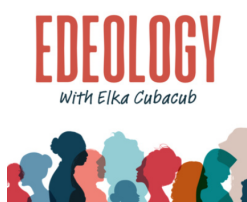
"That talk was powerful! I can't stop thinking about the line, 'You're not broken, you're complexly packed.' Thank you for naming exactly what I needed to hear."

-Talk Attendee 2025



As Featured on:

Monika's voice has been featured across national media, clinical trainings, and advocacy spaces.



www.healingmyparts.org



Let's Connect!

Whether you're planning a keynote, workshop, or collaboration—
I'd love to hear from you.



healingmyparts@gmail.com



www.healingmyparts.org



U.S. | Available for virtual and in-person events

Monika Ostroff is a nationally recognized speaker, therapist, mental health leader and advocate—with 25+ years of experience and a lifetime as a system.



Monika

GET IN TOUCH



Scan to email directly



www.healingmyparts.org