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TAMALA FLOYD
PSYCHOTHERAPIST | AUTHOR |
SPEAKER | ANCESTRAL HEALING
EXPERT

MEDIA KIT

MEET TAMALA FLOYD

PSYCHOTHERAPIST | AUTHOR | SPEAKER | ANCESTRAL
HEALING EXPERT

Tamala Floyd is a Licensed Clinical Social Worker (LCSW) with more than 30 years of therapeutic experience dedicated to helping women of color heal generational trauma through ancestral wisdom and self-discovery. As the founder of The Living Ancestor, she empowers women to reconnect with their ancestral gifts, embrace their unique purpose, and contribute to healing within their communities.

Her journey into holistic healing and ancestral practices began in 2018 after profound personal experiences that revealed the transformative guidance available through connecting with one's lineage. These experiences inspired her to create The Living Ancestor and write her first book, *Listening When Parts Speak*, sharing the ancestral meditations and insights that have become the foundation of her work.





Tamala Floyd joined Thomas Hübl to discuss how Internal Family Systems (IFS), ancestral wisdom, and healing legacy burdens can help individuals release generational trauma, integrate their inner parts, and reconnect with their authentic Self.

WATCH NOW



Tamala Floyd, LCSW joins Dr. Richard C. Schwartz for a conversation on healing across generations, exploring how Internal Family Systems (IFS) and ancestral wisdom can help individuals understand their parts, release inherited burdens, and reconnect with the strengths passed down through their lineage.

WATCH NOW

NOTABLE QUOTES

Healing is not about fighting against the parts of ourselves that struggle,” says Tamala Floyd, psychotherapist, IFS lead trainer, speaker, and author of *Listening When Parts Speak*. “Who and what your parts are protecting is what needs to be healed,” Floyd explains, emphasizing that Internal Family Systems work allows people to build a compassionate relationship with the parts of themselves carrying pain, trauma, and protective patterns.

When we’re doing legacy burden work, we invite in the highest self of our descendants: those already born and those yet to come. We’re releasing the burden from the past and protecting the future — not passing it on,” Floyd said

GET IN TOUCH

Contact us below to feature Tamala in your next event, show, or article!



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