



# Dr. Damita LaRue

JOURNEY TO HEALTH










International Speaker | Health Psychologist  
CEO | Cherokee Grandma

"As a Cherokee grandma and a health psychologist with chronic illnesses, I am PASSIONATE about educating women about the impact of past traumas on their health, exploring effective alternative treatments, and helping women trust the wisdom of their bodies over the voices of the "experts" so they can find a new version of health."  
- Dr. Damita LaRue



Dr. Damita SunWolf LaRue is a health and grief psychologist, sought after speaker and creator of the Journey to Health methodology. Through her work, Dr. Damita has helped thousands of women struggling with chronic health conditions as they apply their own intuition in a western medicine world. As a Cherokee grandma with numerous chronic illnesses herself, she is passionate about helping women effectively grieve losses due to health conditions, trust the wisdom of their bodies over the voices of the "experts", explore effective alternative treatments, and understand how much trauma can impact their health. Dr. Damita is the founder and CEO of DLA Psychology Center in Chicago. She is a Fellow in Thanatology (death, dying, and bereavement), has advanced training in clinical hypnosis, an Indian Health Service Fellow, and an Edward A. Bouchet Graduate Honor Society Fellow.

## Signature Talks

-  Grief & Loss
-  Functioning After a Child's Death
-  Journey to Health with Chronic Illness
-  Journey to Health with Chronically Ill Children
-  I Stayed Too Long: Chronic Illness and Divorce
-  Past Trauma's Impact on Current Physical Health
-  You Have a Purpose Even When You Don't Feel Like It
-  Preparing for a Good Death with a Terminal Diagnosis
-  The Reason Not to Give Up: Identify Your Health Why

"Dr. Damita speaks from the heart in her workshops using rarely found energy when speaking about trauma. She doesn't shy away from sharing her own story and experiences throughout the day and weaves in practical application. There are many opportunities to share and apply skills that she is teaching in the moment. I would recommend her workshops to anyone and everyone I know!" - SB

"Dr. Damita you are warm, relatable, and immediately engaging. You use humor at appropriate moments, which can make the really heavy topics you are discussing less intimidating and more approachable. I think your topic is a hugely important topic..." - LV