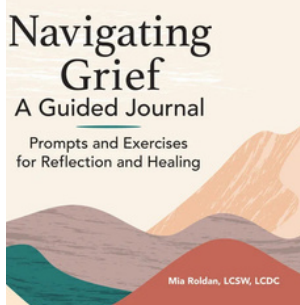


BELONGING IS THE HEART of being accepted

Mia Roldan
LCSW, LCDC



MIA'S BOOKS



"Be curious about your pain, invite your grief into your space, and listen for the lessons it's trying to teach you."

—Mia Roldan
LCSW, LCDC

FEATURED CONTRIBUTOR

PROFESSOR'S
House



THE
GOOD
MEN
PROJECT

THOUGHT LEADER, AUTHOR, SPEAKER

Mia is a psychotherapist, author, speaker, and grief and loss expert dedicated to guiding people through life's most complex and heartbreaking transitions. For 30 years, she has worked alongside children, adolescents, families, and adults, bearing witness to an undeniable truth: the circumstances that create our lives never have to define us.

Mia has navigated early adversity, separation, and profound personal loss herself so she speaks from a place of both deeply lived experience and clinical mastery. Her message debunks longstanding stereotypes to address what we so often struggle with in silence: from complicated grief and anticipatory loss to the unique ache of losing someone without being able to say goodbye. By unmasking the cultural myths around grief, loss, and bereavement, she helps audiences process all the feelings of being stuck so they can embrace acceptance, foster a sense of connection, and learn to trust again. Loss is inevitable, but so is your capacity to heal, uncover solace, and step back into your purpose.

TOPICS FOR DYNAMIC SPEAKING ENGAGEMENTS:

DEBUNKING THE MYTHS OF GRIEF: UNLEARNING HOW WE'RE SUPPOSED TO MOURN

Society tells us grief is neat, linear, and has a finish line. I dismantle pervasive grief myths, give audiences permission to shed unrealistic expectations, and illuminate what authentic, messy, and healthy mourning truly looks like.

THE UNFINISHED GOODBYE: FINDING SOLACE WHEN YOU COULDN'T SAY FAREWELL

Harness the art of calming your brain and releasing anxiety in the face of chaos and uncertainty. Explore brain science and energy psychology to find inner peace and make conscious decisions.

LIVING WITH THE INEVITABLE: NAVIGATING ANTICIPATORY LOSS AND COMPLEX GRIEF

Grief doesn't always start at the moment of death; prolonged illness, dementia, or fractured relationships often begin the mourning process long before the end. I explore the emotional weight of anticipatory and complicated grief, offering practical tools to sustain your vitality and presence while living through extended sorrow.

MOVING BEYOND STUCK: FROM RESISTANCE TO RADICAL ACCEPTANCE

When sorrow becomes overwhelming, it is easy to feel frozen in time or paralyzed by the past. I guide audiences through the psychology of grief paralysis, offering tangible strategies to gently unhook from despair, soften resistance, and take steady, meaningful steps toward true acceptance.

THE PATH BACK TO WHOLENESS: FORGIVENESS, TRUST, AND REBUILDING HOPE

Profound loss often shatters our faith in the world, in other people, or even in ourselves. I explore how to navigate all aspects of forgiveness, how to safely reopen the heart, and rebuild the strength and trust required to embrace life again with courage and purpose.

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