



Rebecca A. Ward

LMFT, SEP, PCC

THERAPIST | SPEAKER | AUTHOR | EXECUTIVE COACH

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About Rebecca

Rebecca A. Ward, LMFT, SEP, PCC, is a licensed therapist, executive coach, trauma educator, author, and speaker. With more than 25 years of experience in these fields, she brings a wealth of knowledge about how toxic stress and trauma can erode the health of individuals, families, and leaders of organizations. Her purpose in life is an ambitious one—to heal the world.

Her unique approach integrates self-regulation and somatic practices into traditional interventions to ensure the change people are seeking becomes lasting and embodied.

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www.rebeccaward.com

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[@iamrebeccaward](https://www.instagram.com/iamrebeccaward)



Education & Certifications

EDUCATION

In addition to a bachelor's degree in journalism, Rebecca holds two master's degrees in business and clinical mental health from George Washington University and Marymount University, respectively.

LICENSES & CERTIFICATIONS

As a licensed therapist in California and an ICF-Certified Professional Coach, Rebecca has a multitude of stress- and trauma-informed certifications and experience, including Somatic Experiencing®, Leadership Circle, Interactive Guided Imagery, and the iEQ9.

ASSOCIATIONS

She is also a member of the International Coaching Federation and the CA Marriage and Family Therapists Association.

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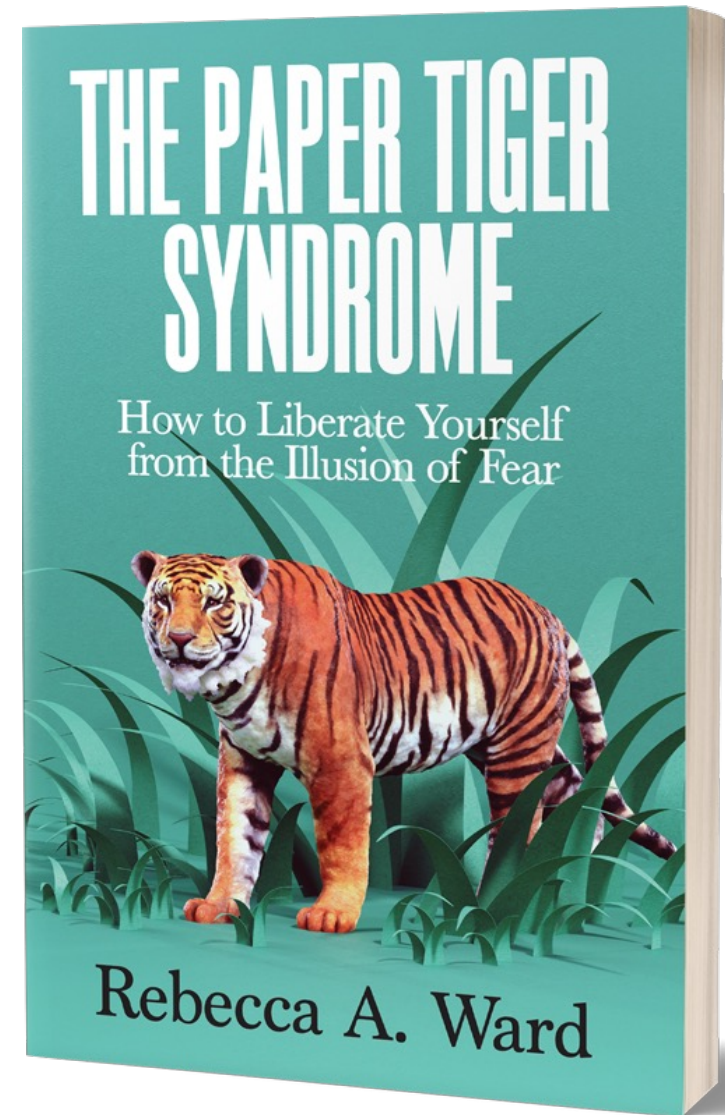
www.rebeccaward.com

The Paper Tiger Syndrome

How to Liberate Yourself from the Illusion of Fear

In her new book, *The Paper Tiger Syndrome: How to Liberate Yourself from the Illusion of Fear*, Rebecca shares her personal experience overcoming trauma and the wisdom from her own clients. She helps readers transform their own stressors into growth and resilience and reconnect back to the truest version of themselves—one that has the capacity to live with confidence, wisdom, and ease.

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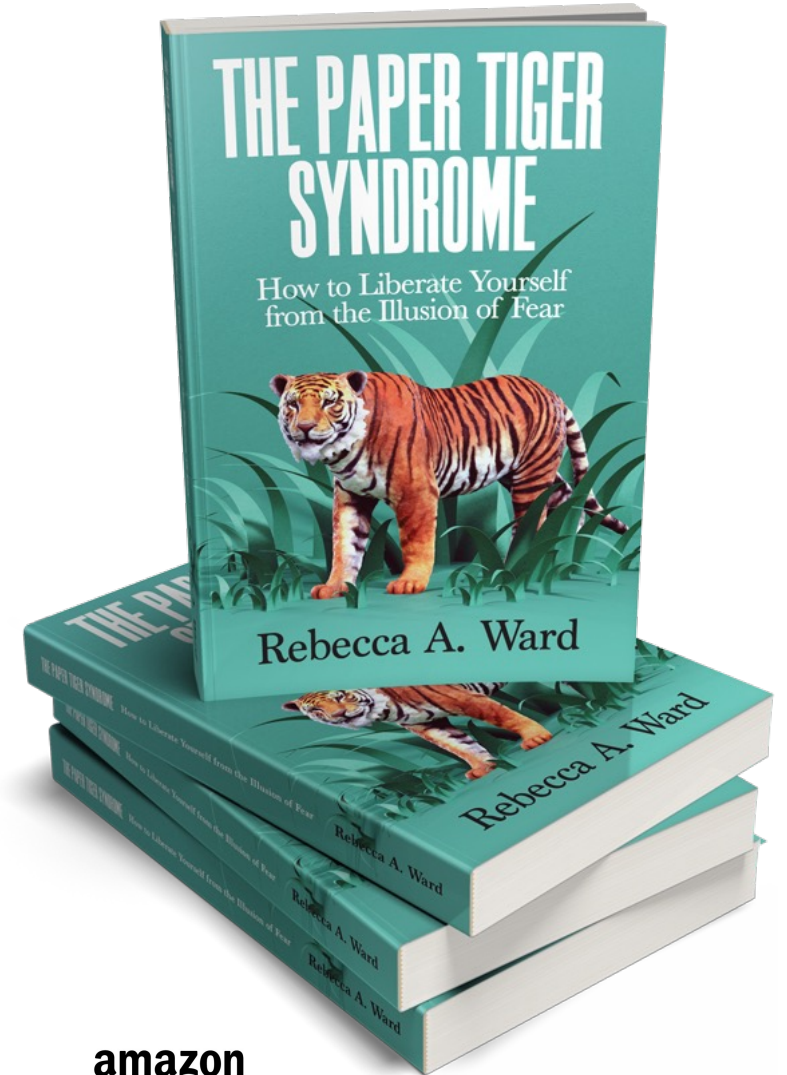
The Book

WHAT'S INSIDE

Can you remember a time when you felt truly fearless? When you knew, without a doubt, that the world was safe? Can you ever remember feeling completely liberated from the undercurrent of discontent, anxiety, and suffering that is so prevalent in modern life?

For the average person, consistently experiencing that kind of freedom sounds like wishful thinking. Life's hardships can create a sense of foreboding that is hard to shake. But the truth is that most fears and anxieties are just paper tigers.

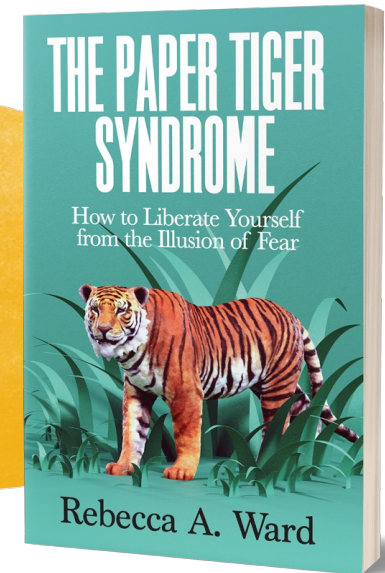
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amazon

Available on Amazon and other major booksellers
Published June 2022

The Paper Tiger Syndrome is a guidebook on the journey toward healing and self-repair, which demonstrates that the most direct way to overcome fear and stress is to regulate the nervous system.



Paper tigers are the thoughts and experiences that conjure up dread and fear, but that don't present any real or present danger. Missed deadlines, traffic jams, and tensions at work create the same responses that our ancestors experienced when they were stalked by predators on the plains. In the modern world those responses are unwarranted. They're neurobiological "misfires" that wreak havoc on our wellbeing and inhibit productivity, creativity, and innovation.

The Paper Tiger Syndrome provides a comprehensive understanding of the what, why, and how to liberate yourself from fear, stress, and overwhelm.

Taming your paper tigers also quiets the mind and frees the body, so that you may experience the peace and resilience that already exists inside you, no matter what comes your way.

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Everyone feels overwhelmed and out of control at some point. And the truth is that you can't control what happens in the world. No one can. But you can have mastery over what goes on within you. Mastery over yourself is paramount.

Rebecca A. Ward, *The Paper Tiger Syndrome*

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Endorsements for The Paper Tiger Syndrome

From trauma to resilience, Rebecca's own life story serves as an inspiration for others to forge a life of fulfillment and unbridled aliveness. In her book, she offers the fundamentals of how our bodies provide the way out of suffering and shares an accessible volume of reliable tools and practices for those who wish to reclaim their true selves.

GABOR MATÉ M.D., Author of
When the Body Says No: The Stress-Disease Connection

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Endorsements for The Paper Tiger Syndrome

In *The Paper Tiger Syndrome*, Rebecca provides insights and daily practices for engaging with our own beliefs. Using her own life story as a starting point, she takes us through the explorations, learnings, and tools that supported her healing journey. Those experiences, along with her years of experience working with clients, have been brought together in to offer the same support for powerful growth to her readers.

KATHY L. KAIN, PH.D., Co-Author of
Nurturing Resilience,
Helping Clients Move Forward from Developmental Trauma

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Endorsements for The Paper Tiger Syndrome

In her book, Rebecca offers an outstanding balance of theory, science, and experiential practices to uplift readers and help them conquer anything that can get in the way of living a fulfilled and genuine life. A valuable contribution to personal growth and optimal health.

ARIEL GIARETTO, LMFT
Somatic Experiencing® Instructor and Specialist

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Endorsements for The Paper Tiger Syndrome

Rebecca has opened our eyes in a unique conversational way of sharing her own personal healing journey and weaving her experiences into the current scientific explanations of stress and trauma. Her ability to explain and share are phenomenal. I believe that this book is not only educational and fluid in today's world but has the power to change lives by changing the destiny created by stress and trauma.

STEPHEN J. TERRELL, PSYD, Co-Author of
Nurturing Resilience,
Helping Clients Move Forward from Developmental Trauma

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Public Events

INTERVIEWS | SPEAKING | WORKSHOPS

INTERVIEWS

Rebecca is available for news, talk-show, radio, podcast, and social media interviews relating to her book, as well as her Original Blueprint® method.

SPEAKING

Get to know Rebecca and take a deeper dive into the subjects covered in her book, *The Paper Tiger Syndrome*. She is available to give talks at events about these critical topics.

WORKSHOP IMMERSION SERIES

Experience liberation from fear, stress, and childhood trauma through a workshop immersion series in group or one-on-one intensive formats.

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Get in Touch

Interested in working together? I'd love to hear from you.

Integrity, kindness, fun, community, learning, and love are my core values, so while I lead you through your own transformation, I will infuse these values into everything we do together.



[@iamrebeccaward](https://www.instagram.com/iamrebeccaward)



rebeccaward.com



iam@rebeccaward.com

*Stay true to you.
Rebecca*

AS SEEN ON

TEDx

Psychology Today



The Brainwaves
A Video Anthology

...and more at rebeccaward.com