

*Dr. Adrian*  
**FLETCHER**

**2022 Media Kit**







# About Dr. Fletcher

Psychologist | Speaker | Consultant | Writer

On a mission to bring hope, love, and inspiration to the world by sharing her lived and professional experience with mental health.

Dr. Adrian Fletcher is a psychologist, certified EMDR therapist, EMDRIA approved consultant, speaker, and writer. She is a trafficking survivor with lived experience of dissociative identity disorder (DID). She has been working within the field of mental health for close to two decades, and has recently turned her focus to a larger, global audience. A passionate mental health warrior, she is looking to change the perception around mental health related conditions and is standing up to stigma. She wants to inspire individuals and the community at large to become trauma informed, and to lovingly accept all parts of themselves, regardless of a mental health condition.

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# Mission + Journey

Dr. Fletcher is a trafficking and abuse survivor, and her journey to be in service started young, stemming from her innate empathy and compassion for other people. She speaks openly about her lived experience with dissociative identity disorder (DID) and is on a mission to offer a different narrative about those living with DID. Utilizing self-care, self-compassion, and a solid support system as anchor points, Dr. Fletcher shares her story about her own ongoing healing journey and what she hopes to bring to communities around the world. Her mission is to change the perception of mental health by bridging the gap between the public and mental health providers and consumers.

By sharing her story of lived and professional experience with DID, she hopes that it reduces the harmful effects of stigma. Dr. Fletcher aims to not only provide knowledge and education, but desires helping individuals, families, and communities at large learn how to lovingly accept who they are and shine their light. She wants everyone to be seen and heard.





# Speaking Engagements

## **Keynote: Rising with Resiliency**

In this 45–60 minute experiential keynote, Dr. Fletcher will walk the audience through raising awareness for the multiple layers within, leaving the audience feeling inspired, empowered, and equipped at finding the resources they need to rise to the occasion personally and professionally.

## **Signature Talk: We're Missing It (DID)**

In this signature talk, Dr. Fletcher speaks from a place of both lived and professional experience to bring providers up to speed about the realities of life and treatment with DID. Dr. Fletcher speaks candidly and openly about her experience.

## **Roundtable Talk: Bridging the Gap**

In this roundtable talk, Dr. Fletcher addresses the harmful effects of mental health stigma and discusses ways to bridge the gap between the public, providers, and patients so that all are seen, heard, and validated.

## **Embracing the Inner Warrior:**

In this inspirational talk, Dr. Fletcher discusses the challenges that people face personally and professionally to own all of who they are. She has witnessed both beauty and pain on people's quest to love and respect all parts of themselves. Having survived unimaginable trauma, Dr. Fletcher instills a sense of hope in the audience that true power lies deep within the mind, the body, and the soul.

## **Other Speaking Topics:**

Boundaries, Energy, Cultivating Self-compassion, Entrepreneurship, Embracing the Journey, Hope & Resiliency, Trauma, Dissociation, DID, Young-adulthood, Mental Health Recovery, Disclosure, and Mental Health Stigma



# Collaborating with Dr. Fletcher



## Speaker

Dr. Fletcher speaks about overcoming trauma, boundaries, survival, self-care, self-compassion, resiliency, love, healing, and hope, by bringing both the survivor and professional perspective to the table.



## Consultant

Dr. Fletcher provides consultation on trauma, dissociation, DID, and EMDR. She works with therapists, private practices, academic institutions, recovery centers, and businesses to either improve trauma-informed care or assist a business or organization in becoming trauma informed.



## Guest Writer

Currently a blog contributor for Psychology Today, Dr. Fletcher also authors journal articles, blog posts, and other forms of written content that speak to her experience as a survivor.



# Collaborating with Dr. Fletcher



## Expert Testimony

Dr. Fletcher welcomes opportunities to serve as an expert witness on legal and judicial cases that require expertise on trauma, dissociation, and dissociative disorders including dissociative identity disorder (DID).



## Workshop Facilitator

Comfortable in diverse and unique settings, Dr. Fletcher offers the facilitation of workshops around the country, enabling professionals to engage in meaningful conversations on a variety of subjects.



## Partner Workshops

Dr. Fletcher and her husband Thomas have navigated life and partnership with DID for 15 years. They speak openly about their experience at conferences and host workshops to support other couples living with DID.





## Published Expressions

In the journal of Psychiatric Services, published by the American Psychiatric Association, Dr. Fletcher shares her personal account of her lived experience as a professional living with Dissociative Identity Disorder.

<https://doi.org/10.1176/appi.ps.202100706>

In McLean Hospital's National Deconstructing Stigma Campaign, Adrian stands up to stigma by sharing her experience with stigma from the perspective of both provider and patient with professional and lived experience with DID.

[https://deconstructingstigma.org/stories?mgc\\_35=34/trauma&mgc\\_35=3012/adrian](https://deconstructingstigma.org/stories?mgc_35=34/trauma&mgc_35=3012/adrian)

In the August 2022, National Alliance on Mental Illness blog, Adrian shares how she went from surviving to thriving and what she did to cope. She also instills a sense of hope and shows others that they too, can change the narrative surrounding what it means to have a mental health condition.

<https://www.nami.org/Blogs/NAMI-Blog/August-2022/Surviving-to-Thriving-Coping-with-Dissociative-Identity-Disorder>





## Contact Dr. Fletcher



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