

Angela Schellenberg

LICENSED GRIEF & TRAUMA THERAPIST · MALIBU / LOS ANGELES

FEATURED IN NATIONAL GEOGRAPHIC 2026

CBS SUNDAY MORNING · OMEGA INSTITUTE



CREDENTIALS

- ✓ Licensed grief & trauma therapist. Telehealth in California, Washington, and Arizona; in person at Shakti Ranch, Malibu.
- ✓ EMDR trained, attachment-focused; 200+ clients supported.
- ✓ Host of the Grief, Trauma & Your Mama podcast; teaches at the Omega Institute.
- ✓ Trained Mother Hunger® Facilitator, taught by Kelly McDaniel, author of Mother Hunger®.

BOOKING LOGISTICS

- ✓ Records from Malibu or LA studios, or virtual.
- ✓ Fast turnaround; quotable; segment-ready.
- ✓ High-res photos available, including the herd at Shakti Ranch.

CONTACT

angela@angelaschellenberg.com

angelaschellenberg.com/press.html

Instagram @angelaschellenberg

@healingwithhorsesretreat

MEDIA BIO

Angela Schellenberg is a licensed grief and trauma therapist and coach based in the Los Angeles area, specializing in mother loss, attachment, and trauma. In May 2026, National Geographic featured her equine grief retreat at Shakti Ranch in Malibu among the world's best grief retreats, and she appeared in CBS Sunday Morning's Motherless Daughters segment alongside author Hope Edelman.

Her own grief arrived long before her training did. She grew up wrapped in her mom's love and lost her young; by 22, both of her parents were gone. She has supported more than 200 women as a licensed therapist, trained in EMDR and grounded in attachment-focused care. She hosts the Grief, Trauma & Your Mama podcast, teaches at the Omega Institute, and co-leads grief retreats with author Claire Bidwell Smith.

CONVERSATIONS ANGELA IS READY TO HAVE

Grief is not a stage-based process

It is an attachment injury the body carries. Why the five-stages model made grief lonelier, and what helps instead.

What equine-assisted therapy actually does

No riding, no horse experience. How prey-animal attunement and co-regulation reach grief that talk alone cannot.

Why we grieve animals hardest

Attachment, mother loss, and what horses know. For everyone who cried harder over the dog than they could over a person.

Losses with no name

Estrangement grief, ambiguous loss, and the loss before the loss. The griefs we carry without a funeral.

Why grief keeps coming back

Years later, out of nowhere. What the nervous system is asking for when old loss resurfaces.

Mother's Day for the motherless

A therapist's guide to the calendar's hardest day, for daughters grieving the mother they lost or the one they never quite had.

THE RETREAT NATIONAL GEOGRAPHIC FEATURED

Healing with Horses Somatic Grief Retreat · October 22–25, 2026 · Malibu

Three nights at a Malibu estate with equine-assisted grief work at Shakti Ranch: a small circle of women, somatic and attachment-focused sessions, co-led with grief author Claire Bidwell Smith. Two circles gather each year, spring and fall.

"Grief isn't a problem to solve. It's a story that needs a witness."