

# Kat Glick — Speaker Bio

Kat Glick (they/them), LCSW, LPC, CCS, ACS, MAC, CSE, CIMHP, is a nationally credentialed therapist, educator, consultant, and speaker who disrupts the systems that keep people, relationships, and organizations stuck. With more than 16 years of experience, Kat is recognized for their bold, compassionate voice at the intersection of trauma-informed care, relational therapy, and liberation-based leadership.



A queer, neurodivergent, Jewish practitioner, Kat blends professional expertise with lived experience to create spaces where authenticity is non-negotiable. Their work spans clinical therapy, organizational consulting, academic teaching, and national training—helping audiences confront the realities of power, identity, and culture without abandoning their humanity.

## 16+ Years

Clinical & consulting experience

## 4 Universities

Faculty positions developing graduate curricula

## National Reach

Healthcare systems, nonprofits, startups nationwide

Kat has served on faculty at Rutgers, Temple, Rowan, and Smith College, developing graduate curricula and certificate programs on addiction studies, body liberation, and LGBTQIA+ competency. As a consultant, Kat has partnered with healthcare systems, universities, nonprofits, and startups nationwide to lead organizational audits, DEI repair, and culture transformation. Their supervision and coaching circles have helped clinicians across the country move beyond neutrality and compliance into anti-oppressive, identity-affirming practice.

Frequently invited to keynote national conferences, facilitate CEU trainings, and speak on panels, Kat's expertise has been featured in *Inc.*, *Business Insider*, *SELF*, *WHYY*, and *Talkspace*. Audiences describe their style as both challenging and grounding: **Kat names what others avoid while equipping people with tools for real change.**

At the heart of Kat's speaking and teaching is a radical truth: vulnerability is revolutionary, leadership must be liberatory, and healing isn't about perfection—it's about becoming more fully human, together.

# Signature Speaking Topics

Kat's speaking engagements tackle the most pressing challenges facing professionals and organizations today. Each topic is rooted in liberation-based frameworks that move beyond surface-level solutions to address systemic barriers and create lasting transformation.

## Liberation-Based Supervision

Moving beyond neutrality and compliance to supervision that affirms identity, truth, and justice. This approach transforms traditional supervisory relationships into spaces of authentic growth and anti-oppressive practice.

## Structural Healing vs. DEI Fatigue

How organizations can repair harm and redesign culture for sustainability, not optics. Learn practical strategies for moving past performative initiatives toward genuine systemic change.

## Relationships Beyond the Script

Relational therapy for high-functioning, neurodivergent, queer, and non-traditional couples. Breaking free from conventional relationship models to honor diverse ways of loving and connecting.

## Trauma-Informed Leadership

How power, accountability, and vulnerability shape leadership in healthcare, law, and nonprofits. Discover how trauma-informed principles can revolutionize organizational culture and decision-making processes.

## Body Liberation & Mental Health

Deconstructing fatphobia, diet culture, and their intersections with systemic oppression. This powerful session challenges healthcare providers to examine their own biases and create truly inclusive spaces.

Each presentation is customized to meet your audience's specific needs while maintaining Kat's signature blend of **radical honesty and practical application**. Whether addressing clinicians, executives, or community leaders, these topics create meaningful dialogue and inspire immediate action.

# Past Audiences & Institutions

Kat's expertise has reached audiences across academic institutions, healthcare systems, and professional organizations nationwide. Their ability to translate complex theoretical frameworks into accessible, actionable content has made them a sought-after speaker across multiple sectors.

## Universities & Academic Programs

- Rutgers University
- Rowan University
- Temple University
- Smith College
- Middlesex County College

## Professional Development & CEUs

- Rutgers School of Social Work
- Rutgers Center for Alcohol Studies
- Transgender Training Institute

## Healthcare & Behavioral Health

Hospitals, treatment centers, and wellness systems nationwide have invited Kat to lead transformational training sessions.

## Media & Conference Features

- *Inc. Magazine*
- *Business Insider*
- *SELF Magazine*
- *WHYY Public Media*
- *Talkspace*



### Academic Excellence

Faculty positions at prestigious institutions where Kat has developed innovative curricula on addiction studies, body liberation, and LGBTQIA+ competency.



### Healthcare Innovation

Leading organizational audits and culture transformation initiatives across healthcare systems nationwide.



### Media Recognition

Featured expert commentary in leading publications addressing mental health, workplace culture, and social justice.

This diverse range of speaking engagements demonstrates Kat's versatility in addressing the unique needs of different professional communities while maintaining their commitment to **liberation-centered practice and authentic transformation.**

# Why Audiences Invite Kat

Conference organizers and program directors choose Kat because they deliver what most speakers cannot: the rare combination of unflinching truth-telling and compassionate guidance that creates lasting impact. Their presentations don't just inform—they transform how audiences think, feel, and act in their professional and personal lives.



## Direct + Compassionate

Kat says what others avoid, without shaming or pathologizing. Their approach creates psychological safety while challenging audiences to confront uncomfortable truths about systems, power, and privilege.



## Liberation-Centered

Every talk names systemic forces and offers practical, justice-driven strategies. Participants leave understanding not just individual solutions, but how to address root causes of organizational and social challenges.



## Identity-Affirming

Queer, neurodivergent, and non-binary inclusive frameworks resonate with diverse audiences. Kat's lived experience authentically informs their professional expertise, creating genuine connection and trust.



## Action-Oriented

Attendees leave with clarity, strategies, and practices they can implement immediately. Kat bridges the gap between theory and application, ensuring lasting behavioral and systemic change.



**Audience Testimonial:** "Kat challenged everything I thought I knew about leadership while giving me concrete tools to lead differently. Six months later, our entire organizational culture has shifted." — Healthcare Executive

What sets Kat apart is their ability to **hold complexity without creating overwhelm**. They help audiences navigate the tension between individual growth and systemic change, between vulnerability and professional boundaries, between challenging oppression and maintaining relationships. This nuanced approach makes them particularly valuable for organizations ready to move beyond superficial diversity initiatives toward meaningful transformation.

Program directors consistently report that Kat's sessions generate the highest engagement scores and most substantive follow-up conversations. Participants describe feeling both challenged and supported, equipped with new frameworks while feeling affirmed in their existing strengths.

# Booking Information

Ready to bring Kat's transformational approach to your next event? Whether you're planning a keynote presentation, workshop series, or organizational consultation, Kat works closely with event organizers to ensure every engagement meets your specific goals and serves your audience's unique needs.



## Email Contact

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## Phone

(215) 469-1155



## Based In

Philadelphia, PA

Available for travel & virtual events

## Speaking Formats Available

- Keynote presentations (45-90 minutes)
- Workshop facilitation (half-day to multi-day)
- Panel discussions and fireside chats
- Organizational consultations and training series
- Virtual presentations and hybrid events
- CEU-eligible professional development sessions

Kat customizes every presentation to align with your event's theme, audience demographics, and learning objectives. Pre-event consultation ensures maximum impact and relevance.



01

### Initial Consultation

Discuss your event goals, audience needs, and desired outcomes

02

### Customized Proposal

Receive tailored speaking topics and format recommendations

03

### Pre-Event Planning

Collaborative preparation ensuring seamless delivery and maximum impact

**Ready to create transformational change at your next event?** Contact Kat today to discuss how their liberation-centered approach can serve your audience's growth and your organization's mission. Every conversation begins with understanding your unique context and co-creating an experience that honors both individual healing and collective liberation.

[KatGlick.com](http://KatGlick.com)