

TROY L LOVE, LCSW

Author

Psychotherapist

Speaker



From Turmoil to Tranquility: Harnessing Pain for Inner Peace

Explore what is the true source of suffering. Use Self-compassion to create shifts toward lasting peace

Helping the Wounded Healer

First responders, nurses, physicians, therapists, and other healing professionals are exposed to secondary trauma often. Learn ways to minimize the long-term impacts.

The Power of Story in Finding Our Truth

This workshop shows participants how to tell powerful stories that can motivate, inspire, and lift us toward our best selves.

Shame, Shame I Know Your Name

Shame hijacks connection and our ability to be creative. Learn simple strategies to develop shame resilience.

Two-time Amazon Best-Selling Author and TEDx speaker, Troy L. Love, LCSW has spent his life committed to finding unique and attainable ways of helping people achieve peace, joy, and love in their lives.

Troy began his training in trauma-informed recovery while achieving his Master's Degree in Social Work from the University of Pittsburgh. After graduating, Troy relocated to Yuma, Arizona, where he serves as Clinical Director of Yuma Counseling Services. He continues working as a Psychotherapist, Educator, Consultant, and Keynote Speaker.

He is the founder of Finding Peace Consulting and is the Host of the Finding Peace Podcast. Troy continues writing books including his highly praised publication, "A Year of Self-Love." Troy developed the Finding Peace Model which empowers learners to shift pain to purpose and live in choice.