

Dr. Lila Elliott, widely recognized as the Dr. Lila Effect™ | Architect of Legacy™, is a trauma-informed social worker, psychotherapist, educator, and global speaker with nearly two decades of federal service and clinical practice. With an unyielding commitment to healing African American women and communities impacted by generational trauma, Dr. Elliott is both a compassionate guide and a trailblazer in resilience research.

Earning her **Doctor of Social Work (Summa Cum Laude)** from the University of Kentucky, Dr. Elliott developed her groundbreaking **Empowerment and Resilience Framework (ERF)**, an innovative model integrating Black Feminist Theory, Trauma-Informed Care, and Academic Resilience Theory. This research, coupled with lived experience, fuels her mission to help women move beyond trauma, silence imposter syndrome, and rise into unshakable confidence and legacy.

Dr. Elliott has served across some of the most challenging frontlines in mental health:

- **Psychotherapist at Riverside Mental Health & Recovery Center**, providing crisis stabilization and trauma-informed therapy for individuals and groups in inpatient settings.
- **Suicide Prevention Social Worker with the U.S. Department of Veterans Affairs**, where she investigates and supports veterans navigating psychological and functional difficulties.
- **Substance Abuse Counselor with the Department of Justice**, offering therapy and rehabilitation to inmates within the federal prison system.

Beyond clinical work, Dr. Elliott is a **Professor and Adjunct Educator at the University of Kentucky**, shaping the next generation of social workers and mentoring doctoral candidates. With elite certifications in **Eye Movement Desensitization Reprocessing (EMDR) Therapy, Dialectical Behavior Therapy (DBT), and Trauma Yoga**, her expertise is as diverse as it is deep.

A sought-after speaker and empowerment coach, Dr. Elliott has delivered transformative keynotes and workshops across the U.S. and internationally. Her authentic voice and research-driven strategies have earned her recognition, including **Woman of the Year 2025**. Through her self-help manual, ***Unleashing Empowerment and Resilience: A Proven Framework for Healing, Strength, and Lasting Legacy***, she extends her reach to leaders, professionals, and youth worldwide.

At the heart of her mission, Dr. Elliott declares to her African American sisters: *"Bring me your trauma, grief, and pain. I will meet you with compassion, empathy, and a kind word. Together, we will break chains, reclaim resilience, and architect legacies that transform generations."*