



# Dr. Deilen Michelle Villegas, Ph.D., DNM

Author | Holistic Health Expert | Trauma Recovery Specialist

With over 18 years in the medical field and advanced certifications in trauma care, natural medicine, and integrative health, she is the author of groundbreaking books that began releasing this year, including *Rewired for Resilience*, *Rooted In Wisdom*, and *Encoded in The Stars*. Her work centers on liberating the voices, bodies, and spirits of Black and Brown communities through storytelling, somatic healing, and soul remembrance.

AS SEEN IN **BRAINZ**  
Magazine

**ABS**

**FUZIA**

**ANZMHA**

## SIGNATURE TOPICS

- ✓ Trauma-Informed Healing
- ✓ Holistic Wellness and Self-care
- ✓ Quantum-Spiritual Integration
- ✓ Being Your Authentic Self
- ✓ Breaking Generational Cycles

## LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

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🌐 [www.DrDeilenMVillegas.com](http://www.DrDeilenMVillegas.com)



**BRAINZ.**



**ForbesBLK**





## Meet Dr. Deilen Michelle Villegas,

Traumatologist, Metaphysician and Visionary in  
Holistic Health and Integrative Medicine for  
Mind-Body-Spirit Wellness.

Deilen Michelle Villegas, PhD, DNM, is a Doctor  
of Organizational Leadership, and Natural  
Medicine and Metaphysical Sciences. She is a  
Clinical Mental Health Counselor, and  
Integrative Medical Practitioner, and certified  
in 12 distinct modalities.

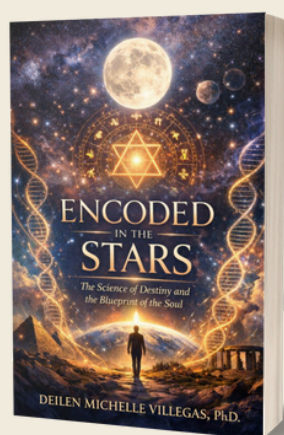


### Testimonials

"Dr. Villegas is magnetic on stage."

"She doesn't just speak, she transmits truth. Her  
presence is powerful, her message is  
transformative, and the way she weaves  
storytelling into deep healing wisdom left our  
audience in awe."

"Deilen's keynote was unforgettable. She made  
complex concepts about emotional healing  
accessible and relatable, and her storytelling  
style created such a safe, empowering space  
for reflection."



Author of published books  
coming out this year, and 6  
available eBooks available on  
her website.

Founder of The Shamanic  
Goddess, LLC, a  
multidimensional wellness  
sanctuary and educational  
platform committed to mind-  
body-soul healing, trauma  
recovery, ancestral integration,  
and conscious leadership.

### Improving Physical & Mental Health

Dr. Villegas will teach you how to integrate  
nutritional foods, herbal medicine, and  
somatic practice into your life to improve  
your overall mental, emotional, and physical  
health.

She will share with you how she's helped  
hundreds of patients and clients reduce or  
eliminate pharmaceuticals to improve their  
sleep, mood, focus, and overall well-being,  
and she will share nature's medicines for  
overcoming adverse events.



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## Biography

### Dr. Deilen Michelle Villegas

Deilen Michelle Villegas, PhD, DNM, specializes in integrative medicine and ancestral healing practices to address stress, trauma, and promote holistic well-being.

She began her journey in healthcare over 18 years ago as a clinical medical assistant and has since advanced to become a multiple Board Certified Naturopathic Practitioner.

Metaphysician  
Traumatologist  
Sexologist  
Integrative Medicine  
Specialist  
Somatic Mind-Body  
Practitioner  
Clinical Hypnotherapist  
Clinical Herbalism  
Developer of The H.E.M  
Experience  
Advocacy and  
Preventative Care



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Dr. Deilen Michelle Villegas is a Board-Certified Naturopathic Practitioner, Doctor of Philosophy in Natural Medicine, Metaphysician, and Spiritual Alchemist who bridges science, soul, and ancestral wisdom into a unified path of transformation. With over 18 years of experience in healthcare—spanning Internal Medicine, Pediatrics, OB/GYN, Oncology, Triage, Mental Health, and Urgent Care—Dr. Villegas offers a rare fusion of clinical insight and spiritual truth.

She is the Founder and CEO of *The Shamanic Goddess, LLC*, a multidimensional wellness sanctuary and educational platform committed to mind-body-soul healing, trauma recovery, ancestral integration, and conscious leadership. Her life's work centers on helping individuals reclaim their power, rewire their minds, heal their nervous systems, and remember who they truly are at the soul level.

With credentials in Natural Medicine, Complementary & Integrative Health, Sexology, CBT, NLP, Hypnotherapy, Herbalism, Somatic Therapies, and more, she blends ancient teachings with applied neuroscience and quantum biology to offer grounded, science-backed spiritual teachings.

Her work honors both the mystic and the modern. She believes healing is not just a personal act—it is a revolutionary one. Her mission is to help others not only survive, but thrive in alignment with their highest timeline.