

DR. ELIZABETH WISNIEWSKI

DC, PhD, RSMT, PPNE, RYT

Dr. Elizabeth Wisniewski, DC, PhD, RSMT, PPNE, RYT is a dynamic leader, educator, and embodied healing expert whose multifaceted career spans over two decades of entrepreneurship, public speaking, clinical care, academic research, and somatic leadership. As the founder of Wisniewski Chiropractic Inc. and President of Dream Planet Inc., she brings visionary insight to the intersections of body, mind, and cultural change.

A Doctor of Chiropractic since 2012 and holding a PhD in somatic depth psychology since 2022, Dr. Wisniewski blends intellectual rigor with embodied wisdom to guide transformative experiences across disciplines. Her work is shaped not only by her professional training but by the lived experience of navigating the world with a visual impairment—an undercurrent that fuels her commitment to inclusive, courageous leadership. Her mission is to cultivate and inspire creative courage, empowering others to lead with clarity, empathy, and embodied presence.



Podcast & Media Talking Points

- Embodied Leadership: Leading from the Inside Out
- The Body Remembers: How Trauma-Informed Care Starts with Ourselves
- Somatic Intelligence in a Hyper-Mental World
- Cultural Perspectives on Cesarean Birth (Based on Her PhD Research)
- Creative Courage & the Future of Healing Leadership

Credentials & Career Highlights

- Doctor of Chiropractic (DC), licensed in California since 2012
- PhD in Somatic Depth Psychology (conferred 2022)
- Registered Somatic Movement Therapist (RSMT)
- Pre- and Perinatal Educator (PPNE)
- Registered Yoga Teacher (RYT)
- Webster+ Perinatal Certified

Location & Availability

Ventura, California

Available for in-person and virtual interviews

Time zone: Pacific (PT)

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- Webster+ Perinatal Certified
- Over 20 years in leadership and advocacy
- Over 15 years in body-based healing (since 2006)
- Founder, Wisniewski Chiropractic Inc.
- President, Dream Planet Inc.
- 2024 Media Image Contribution Award, California Chiropractic Association

Contact



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