



**Michele Mariscal, Ph.D., CPTD**

**Grief Recovery Method Specialist,  
HeartMath Trainer and Coach  
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Michele Mariscal has 30 years of experience in the health and wellness field. She is a coach, author, facilitator, and instructional designer of soft skills (personality, communication, resilience). In 2022, Michele was inducted into the Circle of Leadership for the National Wellness Institute. As an advanced Grief Recovery Method Specialist, she helps people process challenging emotions of grief, anxiety, and loss. Clients can work with her in one-to-one format or in small groups. The Grief Recovery Method is the first evidence-based program for grief and provides the correct tools for people to complete their relationship to pain brought on by a significant emotional loss. Michele also coaches individuals and groups as well as corporate audiences in the resilience tools and technology from the Institute of HeartMath. She is a five-time author, and her most recent publication is *Growing Through Grief—The Alchemy of Healing from Loss*.