



Stacy Kaiser Biography

Stacy Kaiser is a successful Southern California based licensed psychotherapist, author, relationship expert and media personality. With hundreds of television appearances on major networks including NBC, CBS, ABC, CNN and HLN, Stacy Kaiser is a successful Southern California based licensed psychotherapist, author, relationship expert and media personality. With hundreds of television appearances on major networks including NBC, CBS, ABC, CNN and HLN, Stacy has built a reputation for bringing a unique mix of thoughtful and provocative insight to a wide range of topics. She maintains a thriving private practice while being a much sought after public speaker on a wide variety of topics, ranging from office, family, and personal relationship issues to trauma, sexual assault, and community related issues. In addition to her numerous television appearances, her expertise and perspective have been solicited by major corporations, public institutions, government agencies, philanthropic organizations and other media outlets, including recently working on Lifetime's *Surviving R. Kelly* and A&E's *Undercover High*.

As a psychotherapist on Investigation Discovery's *Fatal Vows*, VH1's *Celebrity Fit Club*, Lifetime's *DietTribe*, parenting expert on *The TODAY Show* and *Good Morning America*, and regular guest expert on *Steve Harvey* and *The Doctors* nationally syndicated talk shows, Stacy Kaiser has gained a reputation for helping people face the truth that is holding them back from leading a life filled with a balance of responsibility, fun and freedom.

In her book "How to be a Grown Up – The Ten Secret Skills Everyone Needs to Know", Stacy opens with a provocative quiz that helps the reader gain insight into his or her current level of life mastery. She breaks down the reader's strengths and weaknesses, to guide them towards improving their life skills so that they can maximize their success and ultimately their life.

A passion for improving the lives of the underserved in her community led to Stacy's work with one of Southern California's premier family resource centers, where she worked with battered women, teen parents, abused children and families in crisis for over 20 years. She has also been engaged by organizations including the FBI, Los Angeles Fire Department, Los Angeles Police Department, Los Angeles Unified School District, Kaiser Permanente and Hughes Aircraft to implement workshops and handle third party mediations.