

## Diana Raab, PhD

### Bio Note

Diana Raab, MFA, PhD, is a memoirist, poet, blogger, speaker, thought leader, and award-winning author of nine books and more than 1,000 articles and poems. She holds a PhD in psychology—with a concentration in transpersonal psychology—and her research focus is on the healing and transformative powers of personal writing. Her educational background also encompasses health administration, nursing, and creative writing.

During her 40-year career, Dr. Raab has published thousands of articles and poems and is the editor of two anthologies: *Writers and Their Notebooks* and *Writers on the Edge*. Her two memoirs are *Regina's Closet: Finding My Grandmother's Secret Journal* and *Healing with Words: A Writer's Cancer Journey*. She has also written four collections of poetry. As an advocate of personal writing, Dr. Raab facilitates workshops in writing for transformation and empowerment, focusing on journaling, poetry, and memoir writing. She believes in the importance of writing to achieve wholeness and interconnectedness, which encourages the ability to unleash the true voice of your inner self.

Dr. Raab serves on the board of *Poets & Writers* (Magazine Committee), and Beyond Baroque Literary Arts Center in Santa Monica, California. She is also a Trustee at the University of California, Santa Barbara.

Dr. Raab is a regular blogger for *Psychology Today*, *Huffington Post*, and *PsychAlive*. She lives in Southern California with her husband and Maltese poodle.