

20 YEARS CLINICAL TRAINING

MA CONTEMPLATIVE  
PSYCHOTHERAPY

MS HOLISTIC NUTRITION

SEP CERTIFIED

IFS CONFERENCE 2024 & 2025

## ABOUT

Danielle Carron, LPC, SEP, is a certified Somatic Experiencing practitioner and the developer of the Timeless Self™ framework, with over 20 years of clinical training and practice, including a background as a Licensed Professional Counselor. She guides people back to who they truly are.

## FULL BIO

*For media use*

Danielle Carron, LPC, SEP, is a certified Somatic Experiencing practitioner and the developer of the Timeless Self™ framework, with over 20 years of clinical training and practice, including a background as a Licensed Professional Counselor. She guides people back to who they truly are.

At 19, Danielle fell 40 feet in a rock climbing accident and had a near-death experience. In that moment, she left her body and entered a state that was timeless, fearless, and immersed in unconditional love. That experience has organized everything that followed: her clinical training, her spiritual practice, and the work she does with clients today.

Her work facilitates an embodied relationship between who her clients truly are and every part of them that has forgotten that. She draws from Internal Family Systems, Somatic Experiencing, contemplative psychotherapy, meditation, holistic nutrition, and spiritual practice. She has presented at the IFS International Conference (2024 and 2025), trained and consulted psychotherapists, and served as faculty at Naropa University. She is the host of the Timeless Self™ podcast and the creator of the Embody Your Power podcast.

## SHORT BIO

*Recommended for show notes and event programs*

Danielle Carron, LPC, SEP, is a certified Somatic Experiencing practitioner and the developer of the Timeless Self™ framework, with over 20 years of clinical training and practice. She bridges Internal Family Systems, Somatic Experiencing, and direct near-death experience to help people access the most powerful aspect of who they are. She has presented at the IFS International Conference (2024 and 2025) and served as faculty at Naropa University. She is the host of the Timeless Self™ podcast and the creator of the Embody Your Power podcast.

## PODCAST & INTERVIEW BIO

*Recommended for podcast intros and interview copy*

Danielle Carron, LPC, SEP, is a certified Somatic Experiencing practitioner and the developer of the Timeless Self™ framework, who brings over 20 years of clinical depth to her work. At 19, a rock climbing accident sent her 40 feet off a cliff, and in that moment, she left her body and experienced herself beyond time and fear. She came back with a question that has driven everything she has done since: what becomes possible when healing and transformation originates from the aspect of us that has no fear and whose nature is unconditional love? Informed by deep study of Internal Family Systems, Somatic Experiencing, meditation, and spiritual practice, her sessions are intuitive, trauma-informed, and grounded in lived experience. She is the host of the Timeless Self™ podcast and works with clients worldwide via Zoom. Learn more at daniellecarron.com.



## FEATURED TOPICS

- Timeless Self™
- IFS & Spirituality
- Trauma & Spiritual Awakening
- Near Death Experiences
- Somatic Experiencing
- Meditation
- Overcoming Fear

## CONTACT & BOOKING

### BOOKING INQUIRIES

[daniellecarron.com/contact](https://daniellecarron.com/contact)

### WEBSITE

[daniellecarron.com](https://daniellecarron.com)

### PODCAST

Timeless Self™ - Embody Your Power  
Apple Podcasts · Spotify · YouTube