

Dr. Phyllis SHU Hubbard

A Mixed Media Hammam
Pictures, Storytelling, Video
A Cross-Cultural Healing Haven

Dr. Hubbard specializes in Naturopathy, Natural and Indigenous Medicine, Yoga, Qigong and Injury Prevention, Cultural Competency, Intuition Development, Visual Healing, Sacred Geometry and Multimedia, Root Cause Analysis and Problem Solving, Healing Through Storytelling, Transformational Leadership from the Inside Out, Creative Nonfiction, Technical and Academic Writing.

She designs interactive learning experiences using creative nonfiction and visual healing art to advocate for and teach pluriversal wellness strategies for balancing the body, mind and emotions. Dr. Hubbard facilitates racial healing and decolonization through reconnection to identity, ancestry and culture. She trains organizations to utilize healing centered engagement practices for transformational leadership, professional development and workplace wellness. She is the creator of "A Cross-Cultural Healing Haven: A Healing Space For Everyone That Centers Black † Indigenous † Immigrant People."



Dr. Hubbard has contributed to research, collaborated with and facilitated and/or customized workshops, seminars and retreats for organizations and educational institutions such as: The Obama Foundation, Forward Promise, Rafiki Coalition For Health & Wellness, The Center For Creative Leadership, Summit Eden, The United Way, Johns Hopkins University, University of Michigan, University of Louisville, Rutgers University, W.K. Kellogg Foundation, American Express, The Carillon Resort and Spa, Breast Cancer Project, Oakland Unified School District, California State University Chico, Sacramento City Unified School District, The Moriah Group, The Breakers Palm Beach, Swarthmore College, The Overtown Youth Center, Pritikin Longevity Center, African American Research Library and Cultural Center, Restorative Justice For Oakland's Youth, Association for Black Foundation Executives (ABFE), Black Male Engagement (BMe), etc.

Kamitologist
Root Cause Analyst
Health Advocate



Healing Through
Cultural Competency