



5.6K

190K

550K

DR. TRACY DALGLEISH

drtracyd.com



About Dr. Tracy

Dr. Tracy Dalgleish is a clinical psychologist and relationship expert who is on a mission to help couples break old relationship cycles and find joy in their relationships again. She is the owner of Integrated Wellness, a mental health practice in Ottawa, Ontario, and has been working with individuals and couples for 17 years. Dr. Tracy has extensive training in Emotionally Focused Therapy (EFT) and has been published in books, journals and online media. Her forthcoming debut book, *I Didn't Sign Up for This: A Couples Therapist Shares Real-Life Stories of Breaking Patterns and Finding Joy in Relationships...Including Her Own* (September 12, 2023), features case studies from her practice and her own relationship. The book helps readers learn how to get unstuck in their relationships. Dr. Tracy lives in Ottawa with her husband and two children.

Why Dr. Tracy?

- Dr. Tracy holds a Ph.D. in Clinical Psychology from the University of Ottawa, with almost two decades of clinical practice experience, extensive training with renowned relationship experts, and as a wife and mom, she has the professional and personal know-how required to guide others to relational health.
- Dr. Tracy's popular Instagram account [@DrTracyD](https://www.instagram.com/DrTracyD) has more than 190k followers and has allowed Dr. Tracy to bring her therapeutic expertise and advice to a broader audience looking for help in their relationships.
- Dr. Tracy's goal with her clients, readers and followers is to always show up authentically as her full human self. With a willingness to be vulnerable, she reminds others that they are not alone in their relationship struggles through stories of her marriage and how she works through them.
- Dr. Tracy is the creator of Be Connected, an online membership space that provides an affordable and accessible alternative to therapy. By providing on demand resources and videos on topics such as Nurturing Intimacy In Your Relationship and Get to Know Your Emotions, Tracy helps couples and individuals navigate and strengthen their relationships.

Media contacts: Allie Ellers / Emily Taylor
Allie@choicemediacommunications.com /
Emily@choicemediacommunications.com
864-650-6166 / 706-844-7642



THE HUFFPOST

facebook





5.6K



190K



550K

I DIDN'T SIGN UP FOR THIS

drtracyd.com

DR. TRACY DALGLEISH

I Didn't Sign Up for This



A COUPLES THERAPIST
SHARES REAL-LIFE STORIES
OF BREAKING PATTERNS
AND FINDING JOY IN RELATIONSHIPS
... INCLUDING HER OWN

About I Didn't Sign Up for This

What happens when your relationship no longer feels like the one you said "yes" to?

Couples therapist Dr. Tracy Dalglish has spent the last 17 years dedicated to helping hundreds of couples find hope and healing, but shortly after the birth of her first child, Dr. Tracy began to see herself in her clients' narratives. Despite the overwhelming joy she felt as a new mom, she found herself resenting her partner as she shouldered the domestic load. In time, she began to utter the very words she'd heard from her clients: I didn't sign up for this.

Part memoir, part self-help, Dr. Tracy Dalglish's debut book provides a rare look inside real therapy sessions with four couples—and into her own marriage. With candor and empathy, she digs to the root of the issues that fuel our conflicts and how we can start showing up wholly and authentically in our most intimate relationships with others and with ourselves.

Why I Didn't Sign Up for This?

- I Didn't Sign Up for This uses real-life case studies from Dr. Tracy's practice that represent different relational dynamics and struggles. One of these case studies is Dr. Tracy and her husband. As she knows that transparency is at the core to building compassion for our human struggle, she opens up about her and her husband's struggle to connect after the birth of their first child in her personal case study.
- Dr. Tracy believes culture today has an unhealthy obsession with individualism and a fear of codependency. With I Didn't Sign Up for This, she hopes to move couples toward interdependence: a way to hold personal autonomy and relational intimacy at the same time.
- I Didn't Sign Up for This weaves storytelling with practical, therapeutic advice, so readers stay engaged while learning how to assess their own relationships, work through conflict and express their feelings in a productive way.
- As Dr. Tracy writes, "Our relationship disagreements are not really about the dishes, in-laws, kids, or even sex. They're about the unmet attachment needs and longings that we all carry inside." In I Didn't Sign Up for This, Dr. Tracy reveals what's going on beneath the surface of our arguments and how to get to the root of the problem, so we can stop having the same argument over and over again.

Media contacts: Allie Ellers / Emily Taylor
Allie@choicemediacommunications.com /
Emily@choicemediacommunications.com
864-650-6166 / 706-844-7642



THE HUFFPOST

facebook



M
MOTHERLY



5.6K

190K

550K

Suggested Interview Topics

- Don't Wait For Your Partner to Be Ready for Couples Therapy. Start With Healing Yourself.
- Why You and Your Partner Are Having the Same Argument Again and Again and How to Stop
- Life After Baby: How to Stay Close to Your Partner Even When It Feels Impossible
- The Best and Worst Time of Day to Tackle Tough Conversations with Your Partner
- Attachment Theory: What It Is and How It's Affecting Your Relationship
- Is Your Relationship Conflict Free? That Could Be a Red Flag. Here's Why.
- Awareness, Acknowledgement, Alignment: Your Roadmap to a Healthy Relationship
- I'm a Couples Therapist and Relationship Expert. I Still Have Relationship Problems, and That's OK.
- When It's Time for Couples Therapy v. Individual Therapy
- Codependent, Independent or Interdependent: Which One Defines Your Relationship?
- How to Deal With Toxic In-Laws
- Why An Unfair Labor Division Creates Resentment and How to Fix It
- Burnout: How to Identify Stressors and Find Balance
- Understanding the Language of Therapy
- Looking To Deepen Your Connection with Your Partner? Here Are The Top Three Questions to Ask
- The Mental Load: Why It's So Heavy and How to Lighten the Load



Media contacts: Allie Ellers / Emily Taylor
 Allie@choicemediacommunications.com /
 Emily@choicemediacommunications.com
 864-650-6166 / 706-844-7642





5.6K

190K

550K

Suggested Interview Questions

- What was your path to becoming a clinical psychologist who specializes in relationships?
- What is the most common problem couples or individuals come to you with regarding their relationships?
- Your book is titled *I Didn't Sign Up for This*. What's the significance of that title?
- You say that your hope for the book is to show couples how to have an interdependent relationship. What is interdependence? How is it different from independence and codependence?
- Why do couples get stuck in their relationship having the same argument and following the same negative patterns of behavior? What is the first step to getting unstuck?
- You follow five different case studies in the book from your own practice, including yourself. Why did you choose these particular relationships and individuals?
- You've been practicing for 17 years, you have a large social media following, podcast and online community. Why did now feel like the right time to write this book?
- Couples' arguments are often not about what they're arguing about. Can you explain that and what's really going on when we fight with our partners?
- In the book, you cite research that says 67 percent of couples will experience marital dissatisfaction for the first three years after having a baby, the first of those years being the hardest. Why does having a baby put so much strain on relationships? What is your advice for new parents wanting to stay connected to one another?
- You provide a lot of practical guidance and advice in the book. How can readers use *I Didn't Sign Up for This* as a guide in their own relationships and individual journeys.
- Why is it important for you to make your expertise and teachings accessible for all people with *I Didn't Sign Up for This*?
- You include your own relationship in the book. Why was it important to you to show facets of your own marriage as a relationship expert?



Media contacts: Allie Ellers / Emily Taylor
 Allie@choicemediacommunications.com /
 Emily@choicemediacommunications.com
 864-650-6166 / 706-844-7642

