

WREN LICHLYTER- KLEIN

Wren Lichlyter-Klein is a writer, licensed clinical social worker, licensed addiction counselor, researcher, educator, and former minister whose work explores what it means to become more fully human.

Her writing weaves together psychology, story, faith, and lived experience to explore trauma, identity, belonging, burnout, joy, and the ordinary moments that quietly shape our lives. Whether writing books, scholarly publications, poetry, or essays, she is drawn to the questions that emerge when life refuses to unfold the way we expected—and the surprising ways people continue to grow in the midst of them.

As a clinician, Wren has spent her career walking alongside people navigating crisis, loss, addiction, serious illness, and life transitions. As a researcher and educator, she is passionate about translating complex ideas into conversations that are thoughtful, accessible, and meaningful for both professionals and everyday readers.

Wren holds master's degrees in divinity and social work and is a licensed clinical social worker (LCSW) and licensed addiction counselor (LAC). Her scholarly work has been published in peer-reviewed journals and academic reference works, with research interests that include trauma, spirituality, behavioral health, moral injury, clinician well-being, and social work education.

She lives in Colorado where she continues to write, teach, research, and pay attention to the unexpected gifts that often arrive through the side door.

