



Award-nominated author and award-winning trauma blogger, **Michele Rosenthal**, is a Trauma Recovery Specialist and Mental Health Advocate.

She appears frequently in the media including, CBS, NBC, The Dennis Miller Show, Ladies' Home Journal, The Washington Post, Newsday, St. Petersburg Times, Orlando Sentinel, The Palm Beach Post, The Huffington Post, Psychotherapy Magazine, Psychology Today, The Traumatology Institute, and The Sober World.

For many years Michele was a top health blogger for the Stress Management Community on Wellsphere.com, the founder of Trauma! A PTSD blog on HealthyPlace.com, founder of the PTSD community on HealthUnlocked.com, and a frequent contributor to Anxiety.org, Addiction.com and Recovery.org.

Winner of the Mending Broken Survivor Advocate award, she was also named a finalist for the WEGO Health Activist Hero award. She is a former faculty member of the Clinical Development Institute for Timberline Knolls Residential Treatment Center.

**Michele is the author of three books about trauma and recovery:**

1

Before the World Intruded: Conquering the Past and Creating the Future (YLAT, 2012)

2

Your Life After Trauma: Powerful Practices to Reclaim Your Identity (Norton, 2015)

3

Heal Your PTSD: Dynamic Strategies that Work (Conari Press, 2015)

A dynamic and compelling speaker, Michele has appeared across the country at conferences and events for survivors and professionals representing a wide range of traumas, including life-threatening illness, traumatic brain injury, sexual assault, child abuse, cancer, and combat. Her trainings and presentations have been sought by a variety of organizations, including:

JFK Comprehensive Cancer Institute • Bethesda Women's Health Center • Susan G. Komen • Leukemia and Lymphoma Society • Florida Society of Clinical Oncology • Mental Health Association of Palm Beach County • National Alliance on Mental Illness (Palm Beach County) • Jupiter Medical Center • Florida Atlantic University • Pasco-Hernandez Community College • Palm Beach County Mental Health Initiative • Wellington Regional Hospital • Sexual Trauma Awareness and Response Center • South Florida Radiation Oncology • Department of Children and Family Services • Brain Injury Association of Tennessee • The Hanley Foundation • Florida Writers Association.

Learn more about Michele and her mission: [MyTraumaCoach.com](http://MyTraumaCoach.com).

