



# DR. KATE TRUITT, PhD, MBA.

Media Consultant, CEO, Author, Clinical Psychologist, Applied Neuroscientist

## ABOUT DR. KATE

Dr. Kate Truitt, clinical psychologist and applied neuroscientist, is internationally acclaimed for her expertise in the fields of trauma, stress, and resilience. As the founder of the Truitt Institute, she integrates cutting-edge neuroscience into mental health training and seminars. She also leads Dr. Kate Truitt & Associates and serves as CEO of both the Amy Research Foundation and the Trauma Counseling Center of Los Angeles. An essential part of the Goldie Hawn Foundation and MindUP Scientific Advisory Committee, Dr. Truitt passionately advocates for mental health literacy and empowerment globally. With an impressive social media following of over 160,000, she regularly shares valuable mental health insights.

Her voice in the mental health arena extends to her role as a sought-after speaker and expert mental health media consultant, including features on BBC, the Washington Post, and Today. Dr. Truitt has delivered keynotes and training at prestigious platforms like the United Nations. As the international bestselling author of "Healing in Your Hands" and "Keep Breathing," she is dedicated to advancing the treatment of trauma and stress disorders, making significant strides in destigmatizing mental health and fostering resilience worldwide.

## AUDIENCE

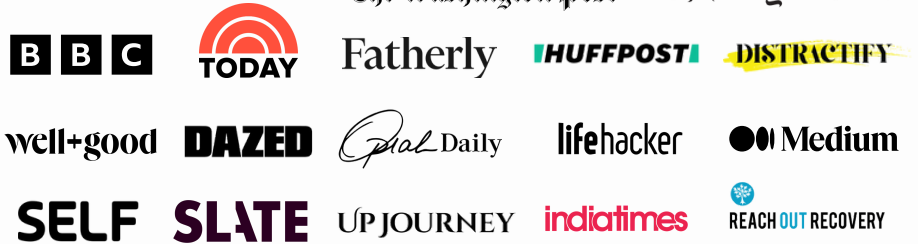
By Social Platform

 **128.1k** followers  **17.8k** subscribers

 **15.4k** followers  **2.6k** followers

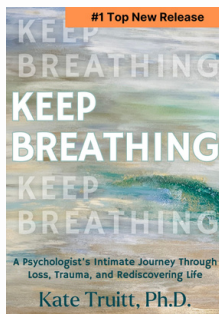
 **2k** followers

## PRESS

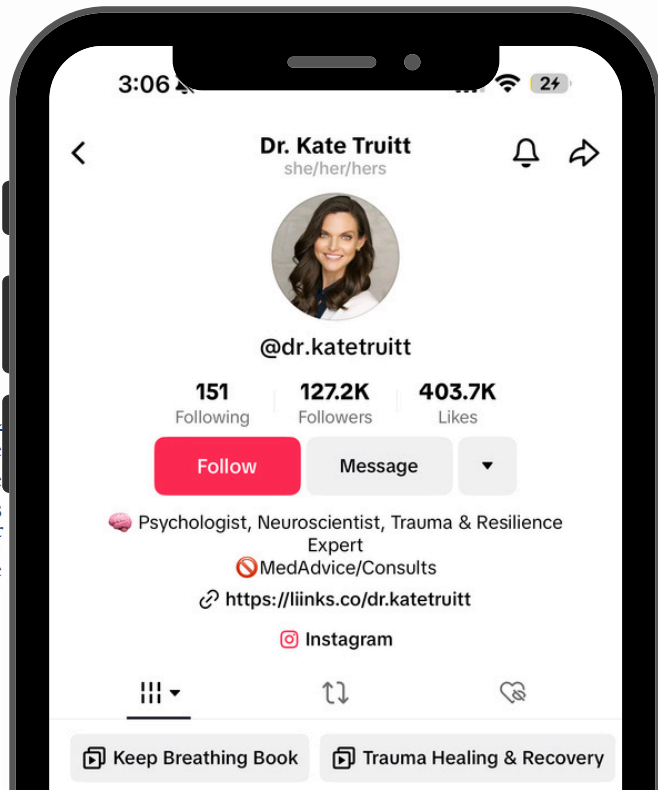


## BOOKS

Part memoir and part scientific exploration, Keep Breathing harnesses Kate's own personal experiences of deep loss and trauma survivalship as a case study to illuminate the common experiences in our human brain—deep love and devastating loss, exhilaration and pain, life and death—that have the power to both derail our lives and ignite us to rebuild, heal, and grow. Her deeply personal story sheds light on the human spirit's extraordinary ability to persevere and thrive—providing readers with a roadmap to navigate their own paths to healing and self-discovery.



NOW AN INTERNATIONAL BESTSELLER, Healing in Your Hands is the first book of its kind to integrate the neuroscience of trauma and resilience with cutting-edge research and exercises based in neuroplasticity. It weaves together powerful client stories, insights from the field of neuroscience, and personalized practices to create a complete self-healing program that anyone can use.



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