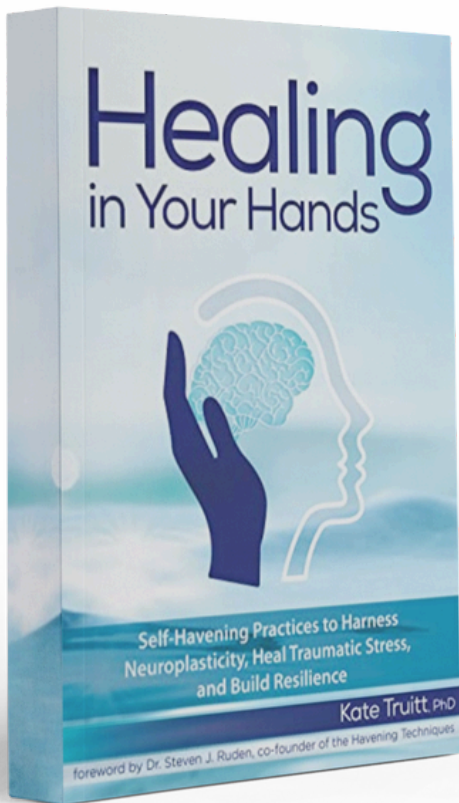


AUTHOR PRESS KIT

HEALING IN YOUR HANDS: Self-Havening Practices to Harness Neuroplasticity, Heal Traumatic Stress, and Build Resilience

The power to heal the wounds of your past, create your present, and build your future is in your own hands.



Written by Dr. Kate Truitt, a psychologist, neuroscientist, and trauma expert, *Healing in Your Hands* is the first book of its kind to integrate the neuroscience of trauma with cutting-edge research on self-havening—a groundbreaking technique that draws on the power of mindful touch to heal even the most profound traumatic stress. It weaves together powerful client stories, insights from the field of neuroscience, and personalized havening practices to create a complete self-healing program that anyone can use.

This book provides simple and effective tools to help you learn to:

- Draw upon your brain's amazing ability to heal itself
 - Build a trusting relationship with your mind and body
 - Soothe your nervous system in moments of reactivity
 - Create feelings of safety, agency, and personal empowerment
- ...all with the palms of your own hands.

ABOUT THE AUTHOR

DR. KATE TRUITT,   

PhD, MBA.

Dr. Kate Truitt, an esteemed clinical psychologist and neuroscientist, is internationally acclaimed for her trauma, stress, and resilience expertise. 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](#).

As a member of the Goldie Hawn Foundation's MindUP Scientific Advisory Committee, as well as an expert contributor to the Kevin Love Fund and Girl Scouts of America, Dr. Truitt passionately advocates for mental health literacy and empowerment globally. With an impressive social media following of over 140,000 as well as viewership and readership of over 3.5 million, she regularly shares valuable mental health insights with her international community.

Her voice in the mental health arena extends to her role as a sought-after speaker and expert in media, including features on BBC and Today. Dr. Truitt has delivered keynotes and training at prestigious platforms like the United Nations and the United States Department of Defense. As the 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.

PRESS



ARIELLE SCHWARTZ

PhD, clinical psychologist, founder of the Center for Resilience Informed Therapy

"Decades of research on mind-body medicine has taught us about the power of neuroplasticity to help us heal from the past and create meaningful and fulfilling lives. However, many of us do not know the steps we can take daily to support us in actualizing our potential. Dr. Kate Truitt's book fills this gap with short, easy-to-follow recipes that we can integrate during times of stress or to help us transform our relationships with ourselves and each other. Not only do I personally use self-havening to support my well-being as a psychotherapist, but I recommend this to all my clients. This book is a valuable addition to any therapist's library."



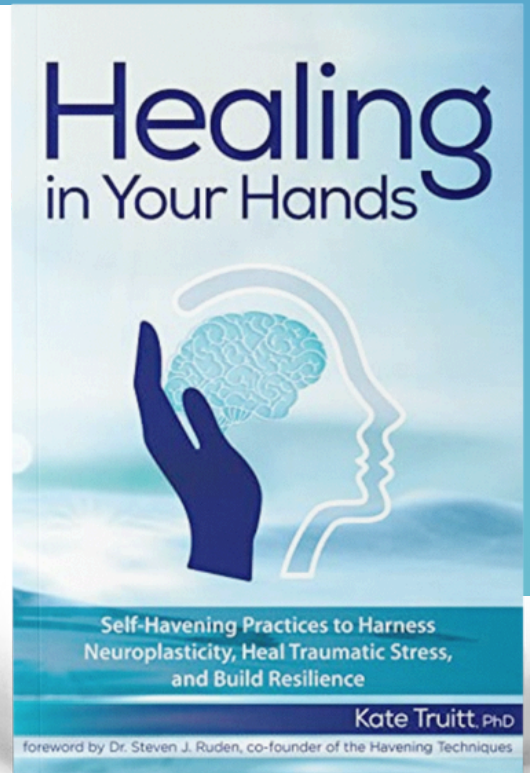
HOLLY K. SHAW

PhD, RN, professor at Long Island University and the University of Minnesota, director of the Center for Nursing Leadership and Engagement at the United Nations

"Finally a clear, comprehensive, easy-to-read resource on regulating and caring for brain! Focusing on an innovative psychosensory modality called self-havening, Dr. Truitt teaches us how to relax the brain, generate a sense of internal safety, and create new neural pathways to build resilience and emotion regulation, enabling you to be in the 'driver's seat' of your own brain."

EXCERPT

June 13, 2009, was a bright and sunny day, and it was exactly one week before I was to marry John, my partner of 10 years. John was my best friend, my other half, and my comrade through the roller coaster that I had navigated since I was 19 years old. But I returned home late that night from my bachelorette party to find that he had passed away. And there was nothing I could do. As those seconds ticked away into days and months of harrowing pain, I experienced extreme traumatic stress. Shortly after that, my beloved grandmother also passed away, from complications of an injury she sustained while visiting me the night after John's death. And shortly after that, I was in a major car accident that left me with life-threatening brain inflammation that still impacts me today.



As the months turned into years, my brain would frequently hijack me. I had "crazy" reactions and behaviors that I could not control, even with all my knowledge about psychology, trauma, and stress. It was miserable and infuriatingly awful. I was quite literally brought to my knees by the very thing in which I was a trained expert. Talk about humbling.

It was five long years-and tens of thousands of dollars spent on the best trauma treatments money could buy - before another series of events again changed the course of my life. In 2014, I was introduced to two researchers, Dr. Ron Ruden and Dr. Steve Ruden, who understood that much like our body can heal from a broken bone, our brain has the inherent capacity to recover from trauma. I had spent my career and my life looking outside myself for healing when in reality, I had held the healing power in my hands all along. My body could become its own mechanism for healing.

You, too, can heal the past, create the present, and build the future within you. Rather than letting your brain get the best of you in those less-than-preferable moments, you have the power to build a resilient brain - a brain capable of responding to stress, worry, and anxiety in a sustainable, positive way. Healing and resilience are literally in your hands.

In this book, I break down the neuroscience of stress and offer self-healing techniques you can use immediately. You will learn much about "Amy"— my nickname for your brain's amygdala and her significant role in helping you survive. You'll also see how she can get so easily confused and mistake normal aspects of your day-to-day life for danger signals, causing you huge disruptions- anxiety, panic, traumatic stress, depression, and much more. Most importantly, you'll learn how Amy acts without your conscious awareness, frequently defining your choices before your "self" has time to weigh in on the situation.

QUICK FACTS

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GET IN TOUCH

For further information, press inquiries, and more updates on the book, please reach out to us using the contact details below.

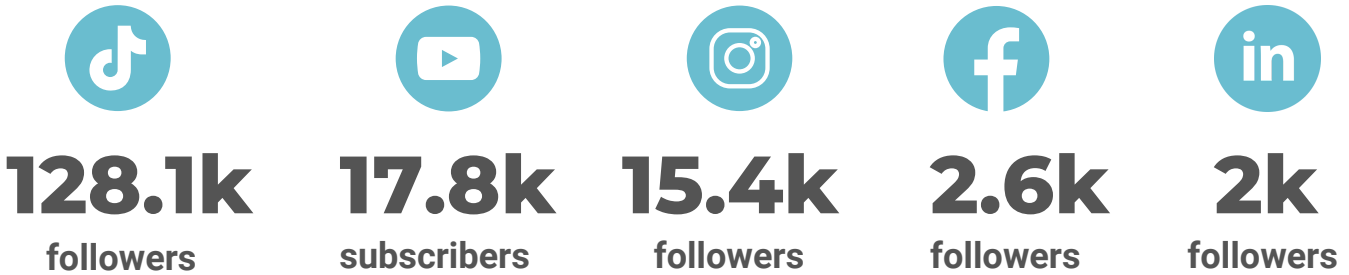
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BRAND REACH

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