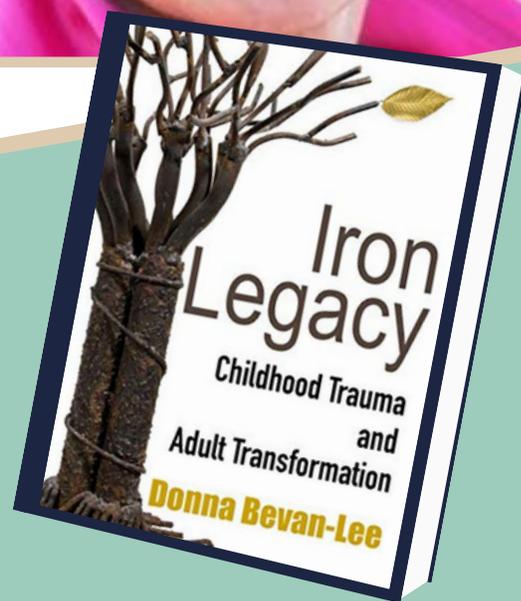


» DONNA BEVAN-LEE

Donna Bevan-Lee, Ph.D., MSW. is a Seattle-based psychotherapist in private practice for forty years. Known for her pioneering work with fifty of childhood trauma, she's worked with everyone from sexual assault and domestic violence victims to first responders including training police in trauma informed interviewing. Her programs have helped both men and women, couples in crisis, LGBTQ etc., and people suffering from all forms of addiction.

From her own history of abuse and five decades of clinical experience, Dr. Bevan-Lee understands resilience at a very deep level and has dedicated her life to helping others discharge trauma. Her flagship program, the Legacy Workshop, has helped thousands of survivors over thirty years, and is the basis of the methods in her book, ***Iron Legacy: Childhood Trauma and Adult Transformation***. She's also the host of the popular podcast, *Healing Your Family Legacy*.



TALKING POINTS

- » Codependency is a disease of adults and caused by childhood trauma
- » Children are acting their age at all times
- » Why some people are able to move on and some aren't
- » How to cure anxiety disorder for good
- » Why sharing your codependence recovery with family of origin is a bad idea

TOPICS

- Shaming
- Perfectionism
- Addiction / Recovery
- Codependency
- Childhood trauma: Wounded child, adapted adult child
- Religious trauma / religious abuse
- Relationship sabotage

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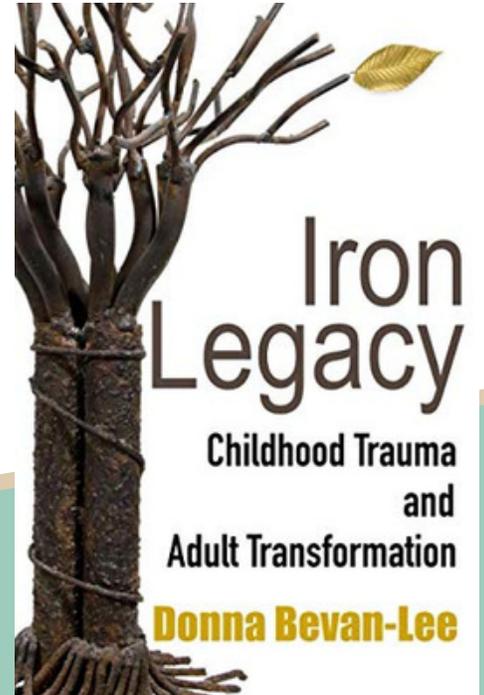


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» DONNA BEVAN-LEE, PH.D

Suggested Interview Questions

- You open your book with some pretty horrifying stories of your own abuse throughout your youth at the hands of your father, who was a prominent leader in the Mormon Church. Can you tell us why you feel it's important to share these stories?
- You grew up in a Mormon household in Utah. Can you tell us about your family?
- Tell us what being Mormon meant at that time, what it meant for you as a young woman, and how it's changed?
- You say that childhood trauma never goes away, that it shapes you forever. Can you please explain?
- Is it possible to heal your inner child?
- How come it seems that some people can move forward in life, and some stay stuck forever?
- You say you're not afraid to do the "scary stuff" in therapy. What does that mean?
- You are now married. How long did it take you to have a successful, lasting relationship?
- What is feelings reduction?
- What is anxiety disorder and how can it be cured?
- The name of your book is IRON LEGACY. Can you tell us what that means?
- If you could say one thing to someone listening today, suffering from childhood trauma as an adult, what would it be?



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