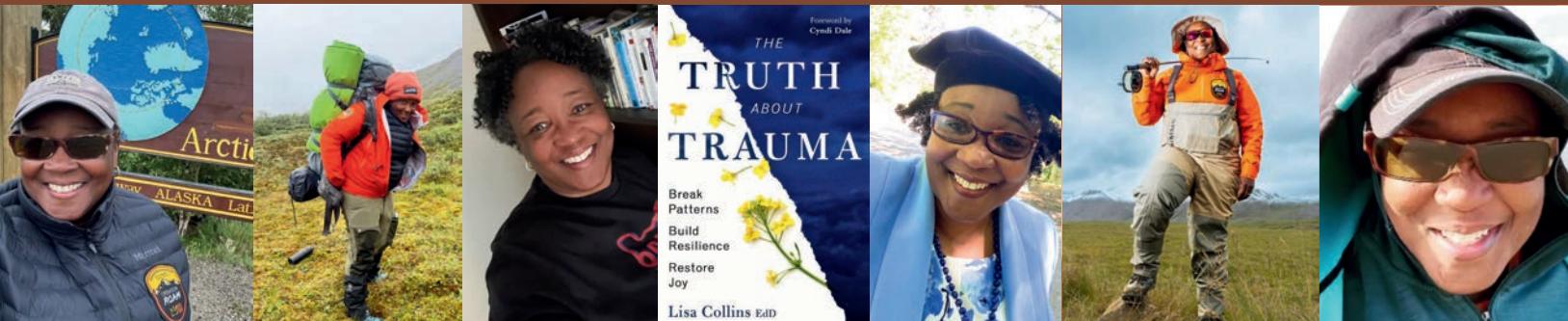




Lisa Y. Collins
Ed.D

**TRAUMA HEALING LEADER,
LIFE COACH, AUTHOR,
AND ASSISTANT PROFESSOR**



Get in Touch!



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Lisa Y. Collins EdD



ABOUT DR. LISA COLLINS

Lisa Y. Collins EdD is a respected racial healing leader, life coach, STAR Trauma Practitioner, author, and assistant professor.

Her studies focus on healing through a personal analysis of trauma. Lisa's consulting spans nonprofit and for-profit organizations, including local educational systems, the Center for Justice and Peace Building, and the National Park Service.

In addition, she utilizes her skills to provide healing within organizations and individuals. Her first book, *Love of Light: A Guide to Peace and Oneness*, guides consciousness, boosts self-awareness, and provides tools for living in peace. Her forthcoming book, *The Truth About Trauma*, (Llewellyn, June 8, 2025) teaches how to identify and interrupt unhealthy responses through learning, discovery, and reflection so you can reclaim your joy.

As a playwright, she has had works produced in New York and Portland. Her acclaimed short film, *Be Careful What You Ask For*, serves as a platform for racial healing discussions and has been accepted into several film festivals. Her engaging TEDx Talk, *Healing From Racial Trauma*, also chronicles the healing modalities that resulted for herself and others from her research.

Lisa uses her spiritual gifts as an intuitive, spiritual writer and playwright to provide healing and openness that acknowledges the intersectionality of humankind. In addition, she uses her life coach and spirituality skills to give acceptance and space for connectedness and oneness in a world that needs it so much.

Lisa lives in Portland, Oregon, with her wife, the youngest of four children, and their cat Hunter.

- ✓ **Wellness and Self-care**
- ✓ **Women Empowerment**
- ✓ **Managing Anxiety and Stress**

AREAS OF EXPERTISE

- ✓ **Breathwork and Meditation**
- ✓ **Being Your Authentic Self**
- ✓ **Prioritizing Mental Health in the Workplace**

THE TRUTH ABOUT TRAUMA

BREAK PATTERNS • BUILD RESISTANCE • RESTORE JOY

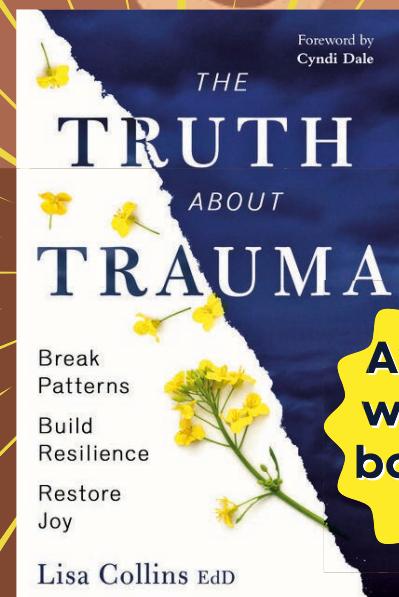
Through a simple three-step system and the author's personal stories, this thoughtfully crafted guide empowers survivors (even those who don't yet realize they are suffering) to triumph over trauma.

Demystifying trauma, Lisa Collins, Ed.D, teaches you how to identify and interrupt unhealthy responses through learning, discovery, and reflection so you can reclaim your joy. With a variety of exercises and insights from the author's own journey, you will learn how to address past experiences that unknowingly weigh on you.

This book helps you foster a deep personal relationship with yourself and address emerging internal challenges. In no time, you will be skillfully navigating the often unacknowledged traumas we all face, transforming harmful energies into healing ones.



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ISBN: 978-0-7387-7929-4



TOPICS OF DISCUSSION

- **Body Awareness**
- **Learning to Pause and Breathe**
- **Thought Awareness**
- **Tools for Peace**
- **Understanding Trauma: It's in the Body, Not Just the Mind**

ISBN: 978-0-7387-7929-4

PRAISE FOR THE TRUTH ABOUT TRAUMA

"A masterful roadmap for healing—offering profound insights and practical tools that are not just theoretical but can be applied in real life to break destructive cycles, rebuild resilience, and rediscover joy."

—Dawn Eidelman, PhD, Executive Director, Association for Comprehensive Energy Psychology

"Lisa Collins offers a deeply insightful and transformative exploration of trauma and the pathways to healing. With a compassionate voice and a wealth of practical tools, Collins equips readers with the necessary resources to identify the lingering effects of past pain and gently guides them toward breaking free from limiting patterns."

—Alkemia Earth, Founder and CEO of the Ascension Academy

"This book, filled with personal insights and practical strategies, provides hope and a tangible toolkit for black veterans and individuals of all backgrounds to mend their emotional and mental scars, emerging stronger and more resilient."

—Chad Brown, Founder of Soul River Inc. and Love is King

"Dr. Collins has laid out a comprehensive guide to trauma and healing trauma that will benefit just about everyone. She lays out what trauma is beautifully and provides many tools for regulating the nervous system and returning to wholeness."

—Dr. Charmayne Kilcup-Kluna, author of *Heal Your Heart*

PRAISE FOR THE TRUTH ABOUT TRAUMA

"Collins' deeply compassionate approach and insightful three-level framework resonate...Her personal narrative and coaching stories provide a relatable and safe space for readers to confront their trauma while offering practical tools."

—Kumu Ramsay Taum, Director at the Pacific Island Leadership Institute (PILI) at Hawaii Pacific University

"Drawing from her personal experiences, expertise as an educator, and knowledge of interpersonal neurobiology, Collins creates an accessible and practical resource that empowers those seeking healing and resilience."

—Mary Andrus DAT, LCAT, LPC, ATCS, Assistant Professor and Co-Director, Lewis

"As a reader traveling her own path of healing from trauma, I felt lovingly held by Dr. Collins' words. An accessible overview of the science of trauma and the trauma response paired with an abundant toolkit of practices, this book offers a powerful guide in the healing process."

—Matsya Siosal, writer, facilitator, and Director for the Center for Community Engagement Lewis & Clark Graduate School of Education and Counseling

"Collins has created a roadmap to healing that speaks directly to women whose lives have been shaped by unaddressed trauma. With remarkable clarity and compassion, she transforms complex concepts into actionable insights."

—Nikki Weaver, artist, yoga teacher, and Director of On The Inside Art-Based Education for Incarcerated Women

PRAISE FOR THE TRUTH ABOUT TRAUMA

"Collins shares her profound wisdom and insights forged from a lifetime of emotional labor and extensive scientific research. It is both an intellectual and experiential road map to awareness and healing."

—Phil Johnson, Founder and CEO, Master of Business Leadership Program

"It's compassionate, scientifically grounded, and genuinely transformative...With practical tools, profound insights, and a rare level of raw honesty in self-help literature, this book transformed my understanding of my own experiences."

—Tom DeWolf, author of *Inheriting the Trade* and co-author of *Gather at the Table*

"Collins bridges the gap between trauma scholarship and personal experience, offering scientific foundations and practical wisdom. Through plain-spoken guidance and carefully woven personal narratives, she provides a roadmap for healing from abuse, neglect, addiction, racism, and other identity-based harms."

—Katie Mansfield, PhD, STAR (Strategies for Trauma Awareness and Resilience) Trainer, Facilitator of arts-based, embodied learning and Founder of Rekindling LLC

"A heartfelt soul journey fearlessly written by a professional woman of color who can convey the challenging and often painful, wrenching patterns and hurtful experiences of trauma."

—Reverend Adara L. Walton, ND, PhD, author of *Every Body's Truth*

SUGGESTED INTERVIEW QUESTIONS FOR DR. LISA COLLINS

1. Would you please tell us about the personal journey that led to your book, *The Truth About Trauma* (Llewellyn; June 2025)?
2. So much has been written about healing from trauma, including *The Body Keeps the Score*. What makes your book unique?
3. According to the World Health Organization, about 70 percent of people have experienced a traumatic event. Is this estimate misleading?
4. Would you explain what trauma is and why it's so often unacknowledged?
5. How can people be affected by trauma without ever having personally suffered a traumatic event, such as abuse or violence?
6. How can trauma responses be almost anything, even in the form of laughter?
7. In *The Truth About Trauma*, you begin the healing journey by recognizing trauma in the body. Aside from stomach distress, what are some common body sensations caused by trauma?
8. Would you share a few insights into how the body stores trauma from your year-long study of interpersonal neurobiology (IPNB)?
9. We're all familiar with the fight or flight syndrome. Would you discuss the nervous system's other two responses to trauma?
10. How do diet and exercise play a role in trauma and its recovery?
11. Let's move on to the second level of healing from trauma—mind patterns. Why do you start by urging us to pay attention to the voices in our heads?
12. What is your approach to self-talk as a tool for healing trauma?
13. We can't change our pasts—trauma and all. Would you describe the healing practice of rewriting your own story?
14. Is it possible to transform belief systems shaped by trauma?
15. Why do you emphasize self-care as crucial to healing from trauma?
16. What would you most like readers to take away from *The Truth About Trauma*, and where can they order your book?

LISA AT WORK AND AT PLAY



Energy Psychology & Healing Summit: A Mind-Body Spirit Event [Free]
 -> Days -> Day 2 - October 16 ->
 Trauma Healing for Peaceful Living



PERSONAL PRAISE

"Dr. Lisa Y. Collins is a high-vibration powerhouse of love and wisdom in her beneficial trauma and racial healing work. Her extensive knowledge, experience, and thoughtful guidance serve as a welcomed salve to what wounds us—and ultimately can heal our pain and encourage growth and understanding. Lisa's important work is needed, and its effect on humanity is profound."

**—Cyndi Dale,
Author of 40-plus world-renowned books about energy healing, including *The Subtle Body Encyclopedia* and *Energy Healing for Trauma, Stress & Chronic Illness***

"Dr. Lisa Collins brings genuine mentorship and healing. As a Hispanic woman, teacher, and single mom, Lisa helped me see and understand racial trauma I never knew existed within myself and my environment. Lisa's guidance has been significant in my life. As a woman of color, I met the harsh realities of imposter syndrome while holding onto gratitude for what was meant for me will find me. With Lisa's help, I found employment using my earned degrees, hoping to continue my education."

**—Elizabeth Hayes,
Educational and Coaching Client**



Get in Touch!

 www.lisaycollins.com

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 www.linkedin.com/in/lisa-collins-

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