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### What is Trauma Speaks?

A non-profit organization led by strong women with a purpose of raising awareness about mental health. We hope that we can serve as an inspiration, motivation, and help people understand that mental health is just as important as physical health. We are advocates in breaking the stigma attached to mental health and its associated treatments. Mental health is not black and white, it is all about the gray. It is from depression to personality disorders, schizophrenia, PTSD but it is also stress, grief, phase of life problems and so forth.



### DECEMBER UPDATES!

We will be hosting another dance workshop next month! Stay tuned to know when and where!

Yes, where! Our next dance workshop will be in-person! BUT no sweat, if you would like to attend the workshop but too far from the venue, we do provide recorded workshops through our ko-fi!

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*Be heard. Break the stigma.*

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Trauma Speaks  
Los Angeles | CA



## WT\* IS A THERAPIST?

# WTF?

Last month, we put out a survey on what people think when they hear the words, “therapy” and “mental health”, how they define a therapist, and what questions they have for prospective therapists. 2 Associate Professional Counselors and 1 non-MH professional answered these questions and had a conversation on wtf\* is a therapist. To see the episode, check our ko-fi!

## COLLABORATION OPPORTUNITIES

We made some great collaboration with different organizations the past month. Trauma Speaks host was a guest at Minority Psychology Network’s podcast Breaking The Stigma on the topic of Seasonal Depression, and also a guest on That Mental Ginger Show with Andrew Durning. Make sure to check those podcasts out! If you’re interesting in collaborating, please reach out via [traumaspeaks@yahoo.com](mailto:traumaspeaks@yahoo.com).



## JOIN THE COMMUNITY!

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