

Welcome to episode 128 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. Today Laura speaks to David Treleaven, PhD. David's book is Trauma Sensitive Mindfulness.

David Treleaven, PhD, is a writer, educator, and trauma professional whose work focuses on the intersection of mindfulness, trauma, and social justice. He received his master's in counseling psychology at the University of British Columbia, and a doctorate in East-West psychology from the California Institute of Integral Studies.

This year he'll be offering workshops on trauma-sensitive mindfulness at the Center for Mindfulness in Medicine, Health Care, and Society at UMass Medical School, Omega Institute's Mindfulness and Education Conference, and True North Insight in Montréal, Canada. He is a senior teacher with Strozzi Institute, which helps leaders embody skillful action, and with generative somatics, an organization that integrates personal and social transformation.

**Resources:**

<https://www.davidtreleaven.com>

[https://www.amazon.com/Trauma-Sensitive-Mindfulness-Practices-Transformative-Healing/dp/0393709787/ref=sr\\_1\\_1?ie=UTF8&qid=1521777121&sr=8-1&keywords=trauma+sensitive+mindfulness](https://www.amazon.com/Trauma-Sensitive-Mindfulness-Practices-Transformative-Healing/dp/0393709787/ref=sr_1_1?ie=UTF8&qid=1521777121&sr=8-1&keywords=trauma+sensitive+mindfulness)

<https://www.amazon.com/You-Want-Talk-About-Race-ebook/dp/B073P53DVL>

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