



www.dr.lauraeanderson.com

Dr. Laura Anderson

PSYCHOTHERAPIST, AUTHOR,
COACH & CONSULTANT

MEDIA KIT

Hi, I'm Laura!

PYSCHOTHERAPIST, AUTHOR & CEO

Dr. Laura Anderson is a psychotherapist, trauma resolution coach and consultant, writer and educator specializing in complex and developmental trauma, dynamics of power and control and religious trauma based out of Nashville, TN.

When educating and speaking, Laura tailors her content to the wishes of those she is working with. As an author and writer, she focuses her content on bringing awareness to religious trauma and adverse religious experiences, the process of healing, faith deconstruction and identity reconstruction, healing from purity culture, and dynamics of power and control within religious and cult systems and relationships.



 **34.2K**

Across all
@drlauraeanderson
platforms

 **8K**

Across all CTRR
platforms

 **23K**

Across all RTI
platforms



SPEAKING TOPICS

- Religious trauma
- Adverse Religious Experiences (AREs)
- Spiritual/religious abuse vs. religious trauma
- Deconstruction and deconversion
- Purity Culture
- How [religious] trauma shows up in the body
- Dynamics of power and control in religious, spiritual, and cult contexts
- Narcissistic abuse
- How religious systems may impact marginalized communities
- Dynamics of patriarchy
- Fundamentalist thinking and relating after leaving a high control religion/system

AS SEEN IN

**Publisher's
Weekly**

**SOJOURNERS
MAGAZINE**

**Indoctrination
Podcast**

**EVERYTHING
BELONGS**

Client Testimonials

“Dr. Anderson is concise, knowledgeable, and passionate about her work with a community that has very unique and specific care needs.”

- *Anneliese*

“[Dr. Anderson] is communicative, compassionate, intelligent. She’s an expert. I’ve learned to set boundaries, cut myself some slack and how to be vulnerable with safe people.”

- *Amy*

CTRR

WWW.TRAUMARESOLUTIONANDRECOVERY.COM

CTRR is an online trauma coaching company that specializes in working with clients who are coming out of high control religion, cults, fundamentalist systems and purity culture and have experienced religious trauma, spiritual and religious abuse, adverse religious experiences and/or other struggles as a result of religion. Through the medium of coaching, clients can access trauma-informed support from trauma-trained practitioners regardless of where they live.



RTI

WWW.RELIGIOUSTRAUMAINSTITUTE.COM

The Religious Trauma Institute was founded in 2019 by Dr. Laura Anderson and Brian Peck with the goal of providing resources, training, and support for mental health practitioners, coaches, advocates, clergy, and others working with individuals who have been harmed by religion.



The Podcasts

[@SUNDAYSCHOOLDROPOUTSPOD](#)

Co-hosts Dr. Laura Anderson and Andrew Kerbs began the Sunday School Dropouts podcast in 2023 with the hope that this resource could bridge a gap between podcasts focusing on religious deconstruction and general mental health. The Sunday School Dropouts hosts use their academic background in mental health combined with their own experiences and the anecdotal evidence they have from working with clients to create a podcast that focuses on the unique aspects of trauma resolution and recovery for individuals coming out of high control religion, cults, and fundamentalism. The Sunday School Dropouts podcast is brought to you by the Center for Trauma Resolution and Recovery.



[@WISEJEZEBELSPOD](#)

The Wise Jezebels is a podcast brought to you by co-hosts Tia Levings and Dr. Laura Anderson. Built on the juxtaposition of the definition of a "jezebel" (a wicked, shameless woman) and wisdom, these two best friends chat about living life after coming out of fundamentalist systems and relationships. Whether it's relationships, pop culture, areas of arrested development, finances, medical issues or whats still going on in fundamentalist and patriarchal systems, these two definitely have something to say!



WHO I WORK WITH

Whether you are a client coming to me for support, a professional seeking consultation or supervision, or an advocate who is looking for ways to help those around you who are experiencing the impact of high demand/high control religions, systems, or cults, I want to walk alongside you on the path of religious trauma resolution and recovery.

WHAT YOU CAN EXPECT

Dr. Laura provides individualized support for clients, professionals, and anyone she works with. Using a body-based approach Dr. Laura tailors her consultations, sessions, and content to the wishes of those she is working with.



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GET IN TOUCH

Whether it's scheduling a consultation, working with Dr. Laura or one of the practitioners at the Center for Trauma Resolution and Recovery, taking trainings from the Religious Trauma Institute, interviewing Dr. Laura, or simply following along on social media, we are honored to have the opportunity to collaborate with you!

Laura