

Michele Rosenthal

Heal My PTSD, LLC

**Mental Health Advocate,
Certified Self-Empowered Healing Coach,
Consulting Hypnotist,
Practitioner of Neuro-Linguistic Programming**
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- Michele Rosenthal is your survivor turned go-to expert on the subjects of Post-Traumatic Stress Disorder (PTSD, the signs, symptoms, causes and steps toward recovery), self-empowered healing, and accomplishing change from deep within.
- Michele can discuss: How to approach and follow through on the desire to accomplish deep change (spiritual, emotional, personal, relationships) from the inside out. How to become a proactive participant in recovery from PTSD. How Michele herself transformed from survivor debilitated by PTSD to 100% recovered.
- Additional topics: overview of PTSD statistics, facts and various treatment options from traditional to alternative methods, including hypnosis, Neuro-Linguistic Programming, and self-empowered therapy.
- Michele currently works with individual clients and groups, guiding trauma survivors and their caregivers on their own path toward healing from PTSD. In addition, Michele runs workshops on self-empowered healing and accomplishing change from within. Her audience also can learn about related topics on Michele's monthly professional interviews, teleseminars and book club.
- Educated at University of Pennsylvania, B.A. in English and Communications, Minors in Media and Theatre. Vermont College, M.F.A. in Poetry. Certified Professional Coach: Institute for Professional Excellence in Coaching. Certified hypnotist: Omni Hypnosis Training Center with Gerry Kein. Certified Neuro-Linguistic Programmer: NLP International with Richard Bandler.
- Michele Rosenthal's book, *Before the World Intruded: A Memoir of Trauma, Survival, Identity & The Pursuit of Joy*, will be available February 2011. However, media outlets have an opportunity to get a peek at the first several chapters today by visiting: <http://healmyptsd.com/before-the-world-intruded-a-memoir-of-trauma-survival-identity-the-pursuit-of-joy>
- Articles written and available by Michele Rosenthal:
 - ❖ [Nightmares, Flashbacks, Anxiety and Rage...Is This You?](#) – PTSD Symptoms, guest blog post.
 - ❖ [Women and PTSD - Healing Can Be In Your Own Hands](#) - 5 Steps to Empowering PTSD Healing.
 - ❖ [It's Never Too Late to Heal](#) - A survivor's story of overcoming PTSD.
 - ❖ [PTSD: A Civilian Shares Her Own Story to Help Veterans](#) - Guest blog post outlining how vets can reclaim their post-war identity.
 - ❖ [Ideas for Healing Post Traumatic Stress Disorder \(PTSD\)](#) - How Michele found freedom from PTSD.



About Michele Rosenthal and Heal My PTSD, LLC

Michele Rosenthal is a trauma survivor who struggled with undiagnosed PTSD for 25 years. And then she was diagnosed and went on a healing rampage! Today, she is 100% PTSD-free. On her healing journey Michele found self-empowerment played a key role in the recovery process. A PTSD healing devotee, Michele is now a Self-Empowered Healing Coach who helps survivors release pain, fear, stress and memories so that they can live with courage, confidence and imagination. As a mental health advocate, public speaker, blogger, writer, workshop/seminar leader, Certified Professional Coach, Certified Hypnotist, and Certified Practitioner of Neuro-Linguistic Programming, Michele uses her personal experience, education, professional training and research to help others further their trauma and PTSD recovery. Michele works with several long-distance clients and also practices on the staff of a wellness center in Palm Beach Gardens, FL.

Heal My PTSD, LLC, is an organization whose mission is to advocate for Post-Traumatic Stress Disorder (PTSD) awareness, education, treatment and self-empowered healing. Its mission is guided by a vision that includes the sponsorship of PTSD awareness campaigns, the development of PTSD educational material, the promotion of PTSD treatment options, and the development of self-empowered healing methods. Dedicated to being a clearinghouse of resources for all segments of the global PTSD community, Heal My PTSD, LLC, works in partnership with survivors and survivor supporting organizations to spread the word that PTSD is a treatable condition, that survivors themselves must participate and take responsibility for the healing process, and that recovery is possible.

Listen In

Click the link below to listen to Michele as a radio guest talking about three steps to deep personal change:

<http://db.tt/0UCd8D>

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