

Helen Marie Diaz, MPH

Author, Speaker & Trainer



With 20+ years of experience in non-profit leadership and trauma-informed care practice, Helen ties her expertise and professional experience into this impactful presentation about her personal journey of living with the effects of childhood trauma.

In this powerful and heartfelt presentation, Helen shares her childhood story about her father's physical and emotional abuse. Her story will not only express the deep-rooted pain she endured as a child but she will share the effects that childhood trauma played throughout her adult life living with complex post-traumatic stress disorder (CPTSD), depression, anxiety, and fibromyalgia.

Living a life in a constant state of fear through freezing, numbing, isolation, dissociation, and people-pleasing, Helen provides clarity about the struggles she faced in her professional career, relationships, and decision-making.

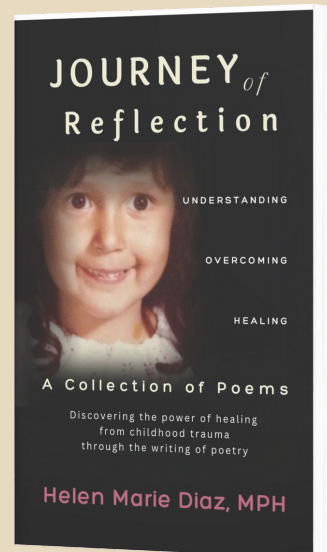
Helen will end her presentation by sharing her path to healing through her love for writing poetry (new book!), journaling, benefits of clinical therapy (EMDR), and reading literature and books to further understand the neurobiology of trauma, which has played a significant role in understanding her CPTSD diagnosis that she received for the first time at nearly 50 years old.

HOW CAN I HELP YOU?

- ✓ Speaking Engagements
- ✓ Conferences, Breakout Sessions
- ✓ Leadership Trainings (EI and TIC)
- ✓ Trauma-Informed Care Training with my personal story
- ✓ Healing Journey (Presentation/Training)
- ✓ Poetry Reading
- ✓ Book Signing
- ✓ Other topic areas: *child abuse prevention, mental health/illness, passion, purpose, resiliency, strength, determination, breakingfree*



Journey of Reflection
A Collection of Poems
Helen Marie Diaz, MPH



To Purchase, click link below:

<https://inspirationbyhelen.com/journey-of-reflection>

Contact me for more information:



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INSPIRATION
by Helen