



*Letters To My
Brown Girls*

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**MEDIA KIT
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ABOUT BOOK

Childhood sexual abuse is a widespread issue with long-term effects. In the wake of such trauma, women—especially brown women—are often left feeling broken, lost, and empty, while still having to maintain a home, a career, and a family. But what if someone who has been through that same horrific experience could help you, or a loved one, go from victim to victor?

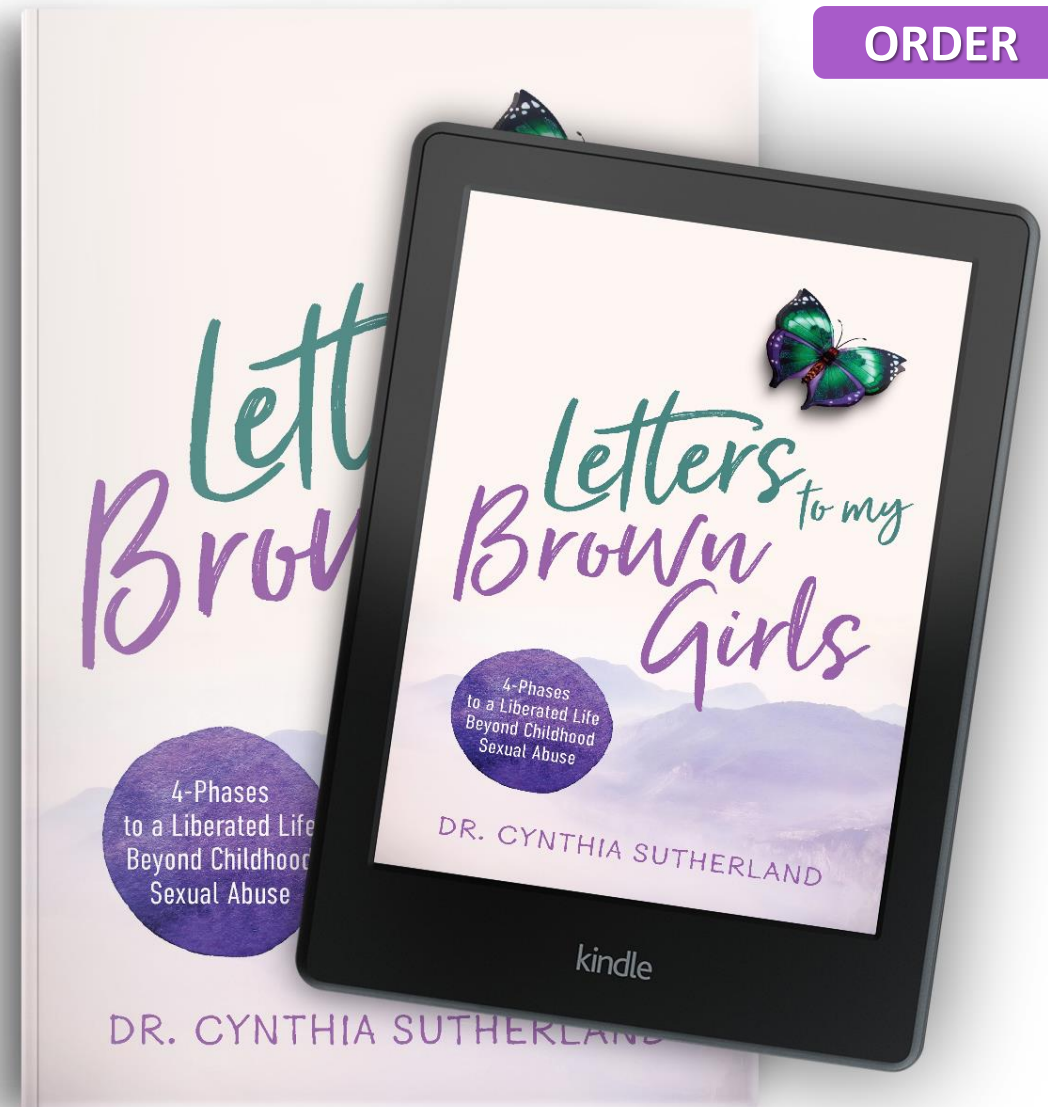
In *Letters to My Brown Girls: 4-Phases to a Liberated Life Beyond Childhood Sexual Abuse*, Cynthia Sutherland (Dr.CyS®) shines a guiding light on the dark subject matter of childhood sexual abuse. An example of adversity and resilience, her story serves as proof that you too can travel a journey of healing from your traumatic experience.

Letters to My Brown Girls provides resources to help you confront and move past your environment of hurt and pain from childhood sexual abuse while handling:

- Dating
- Employer-mandated Sexual Assault Awareness Training
- Sexism in a male-dominated profession
- Macroaggressions from co-workers
- Racism as a brown woman
- Challenges with religious and spiritual connections

Additionally, Dr. CyS's four-phase transformation in the A.F.T.R. Framework, is both the balm and the catalyst you need to overcome your mental and emotional barriers and become the best version of yourself.

ORDER



A.F.T.R FRAMEWORK

PHASE 1: ACKNOWLEDGE YOUR TRUTH

Acknowledge the weight of trapped memories and emotions to lighten the load. The goal is to learn the power of patience with yourself.

PHASE 2: FORGIVE YOUR PAST

Forgive...leave anger and its friends...hurt, insecurity, guilt, and anxiety...in the past. You are ready for a future without anger. The goal is to learn forgiveness for yourself and others.

PHASE 3: TRANSITION TO YOUR FUTURE

Transition past the fight, flight, and freeze responses by breaking down and replacing unhealthy habits with healthy habits. The goal is to free up space in your mind, heart, and time to embrace your new view in life and walk in your purpose.

PHASE 4: REBIRTH

Be reborn into your life with your new truth, new purpose, and new view. The goal is shift your mindset to focus on progression not perfection.



A portrait of Dr. Cynthia Sutherland, a Black woman with short, curly hair, smiling warmly. She is wearing a dark green turtleneck top, a long gold chain necklace, and large, ornate earrings. The background is a blurred bookshelf. The portrait is framed by a white, curved border that blends into the purple graphic elements of the page.

Dr. CyS[®]
DR. CYNTHIA SUTHERLAND

ABOUT AUTHOR

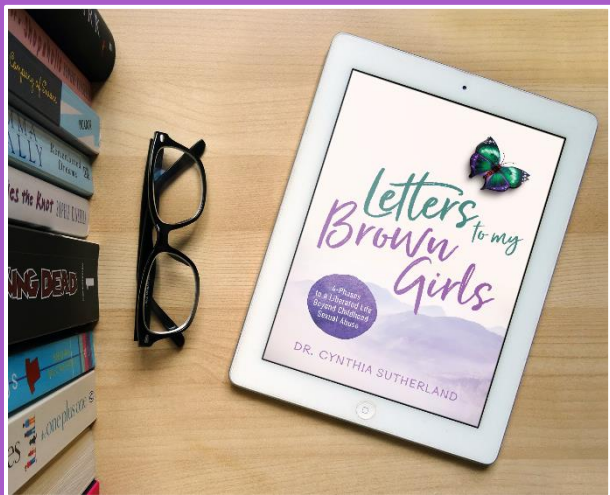
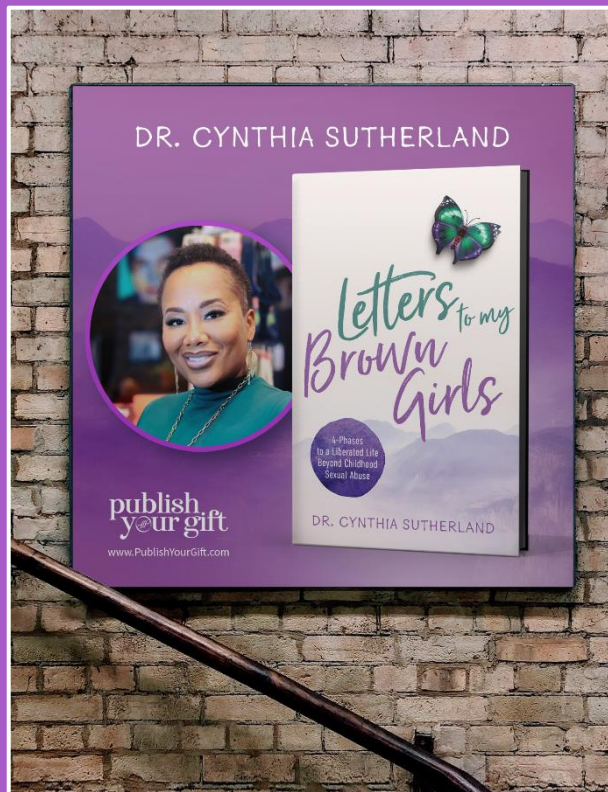
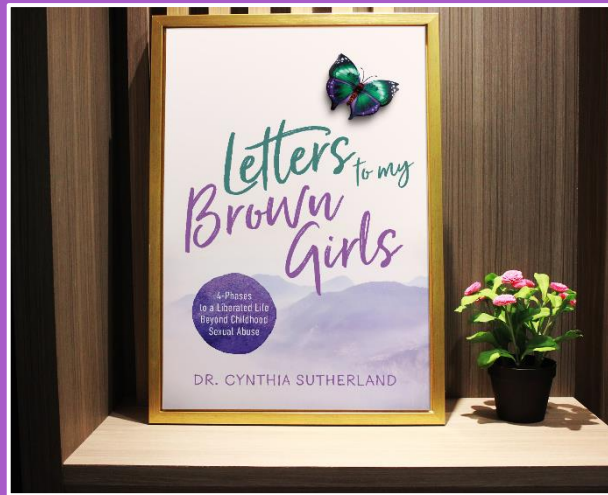
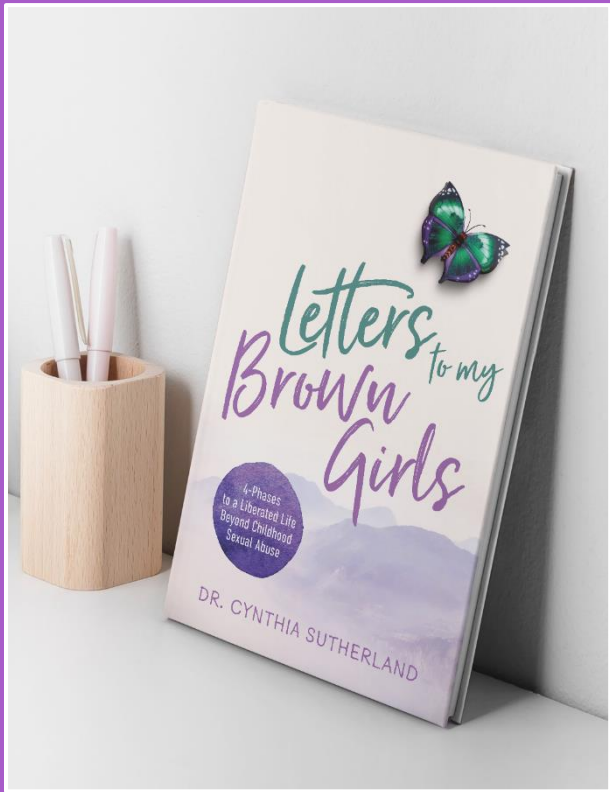
Dr. Cynthia Sutherland (Dr.CyS[®]) is a Child Sexual Abuse Victor, Public Speaker, Author, and Educator who provides resources with time and space for sexual abuse survivors to overcome mental, emotional, and spiritual barriers.

Transitioning from being a teenage mom on welfare, single mom of a black male, 2-time college dropout, an Army Veteran, and a woman in a male-dominated career, Cynthia deciphered the mental, emotional, and spiritual barriers to overcome triggers from childhood sexual abuse. She simplified the complex challenges of surviving childhood sexual abuse into a framework, A.F.T.R., to help others heal.

The framework and resources in her new book, *Letters to My Brown Girls*, gave her strength, motivation, and inspiration to heal past a 70-year generational curse of childhood sexual abuse, successfully serve as a U.S. Representative and Global Chair of a multinational military security board with NATO, complete her Doctorate in Cybersecurity as a wife and mom, and become a member of the U.S. Senior Executive Service Corp as FEMA's Chief Information Security Officer.

Through her nonprofit company, Hidn Trezher, Dr.CyS[®] empowers childhood sexual abuse survivors and the people who love them with global, innovative private and public support services, sexual assault awareness events, and more. Services include Sexual Assault Program Development for religious organizations, employer sexual assault awareness training development for victims, "Give Me Your Hand" Workshops, and "Permission to Heal" Seminars.

Dr.CyS's purpose in life is to empower others through triggers from sexual trauma.





THANK YOU

CONTACT DETAILS



www.drcys.com



864-425-1445



drcys@drcys.com