



Dr. Todd Berntson

SHORT BIO

Dr. Todd Berntson, Psy.D., is a psychologist, author, and speaker whose work focuses on the intersection of trauma, addiction, recovery, and relationships. He is the developer of the Effigism construct, author of the award-winning *Recovering from Emotional Trauma*, and host of *The Dr. Todd Show* on YouTube. Drawing on psychological research, decades of clinical experience, and his own journey of recovery, Dr. Todd helps audiences understand the experiences that shape who we become—and how meaningful change becomes possible.

LONG BIO

Dr. Todd Berntson, M.A., D.C., Psy.D., is a Minnesota-based psychologist, author, speaker, and educator whose work focuses on the intersection of trauma, addiction, recovery, and relationships. For more than two decades, he has helped people understand how early emotional experiences shape the sense of self, influence relationships, contribute to addictive and self-defeating patterns, and continue affecting adult life long after the original experiences have ended.

Dr. Todd is the developer of the Effigism construct, a new psychological framework describing a form of relational trauma in which one person manages a wound within themselves by organizing another person into a diminished or failed position. His work on Effigism has reached a rapidly growing public audience and is currently being developed for both professional and academic audiences.

He is the author of *Recovering from Emotional Trauma: Essential Tools to Calm Your Emotions, Heal Your Sense of Self, and Strengthen Relationships*, which received a Silver Award from the Nonfiction Book Authors Association and was named an Eric Hoffer Book Award Finalist. He is also the author of *Why Do I Keep Doing That? How to Free Yourself from the Bondage of Self-Destructive Emotions and Behaviors*.

Dr. Todd has delivered hundreds of presentations for universities, professional associations, treatment and recovery communities, trade organizations, conferences, and public audiences. His presentations combine psychological research, clinical experience, practical tools, humor, and lived experience to make complex ideas understandable and useful.

He is also the host of *The Dr. Todd Show* on YouTube, where he explores Effigism, emotional trauma, addiction and recovery, and relationships for a growing international audience. His work and commentary have appeared on Minnesota Public Radio, in *The Boston Globe* and *The Washington Post*, and on numerous podcasts and other media.