



Introduction for Dr. Todd Berntson *(Last name is pronounced "Burn-sun")*

Our emotional connection with ourselves and others lies at the heart of our quality of life, our relationships, and our physical and emotional well-being.

When those connections are healthy, we are more resilient, engaged, and better able to navigate the challenges of life.

But what happens when trauma, addiction, or difficult relationships disrupt that emotional foundation?

Our next speaker is a psychologist, author, and educator whose work focuses on the intersection of trauma, addiction, recovery, and relationships.

Dr. Todd Berntson is known for making complex psychological ideas practical, understandable, and useful. Through his clinical work, workshops, presentations, writing, and media, he has helped thousands of people better understand the experiences that shape their lives and relationships.

He is the developer of the Effigism construct, author of the award-winning book *Recovering from Emotional Trauma*, and host of *The Dr. Todd Show* on YouTube.

Please welcome Dr. Todd Berntson.