

Dr. Todd Berntson

Author • Speaker • Coach
Developer of the Effigism Construct

Exploring Strategies for Navigating
Trauma, Addiction, Recovery,
and Relationships.

Best known for his practical, skills-based approach to emotional communication and healing, he has helped thousands of people live happier lives through his clinical work, workshops, books, and media.



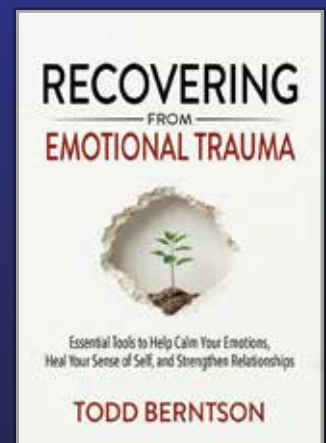
Dr. Todd

Award-Winning Author



OVERCOMING ALL THE ODDS

Dr. Todd's understanding of trauma, addiction, and recovery is both professional and personal. After entering recovery from addiction in 1983, he devoted his life to understanding how emotional wounds shape the self, relationships, and the strategies people use to cope with pain. That journey eventually led to decades of clinical work, research, writing, and teaching—and to the development of the Effigism construct.



EMOTIONAL TRAUMA DOESN'T STAY IN THE PAST

It shapes how we experience ourselves
our relationships, and our world.

Those wounds can lead to addiction, difficulties in relationships,
a broken sense of self, and intense emotional dysregulation.

Having the skills to identify and navigate through the effects
of emotional trauma will help us live a happier, healthier
and more successful life both at work and at home.



Dr. Todd Berntson is a seasoned speaker, author, and coach,
who delivers information that is both relatable and actionable.

AUDIENCE TAKEAWAYS

Dr. Todd's presentations and workshops will help your audience:

- Learn the Keys to Healing from the Effects of Trauma
- Develop More Effective Tools of Communication
- Improve Skills to Successfully Navigate Relationships
- Learn Effective Tools for Repairing Their Sense of Self
- Become More Grounded and Resilient

