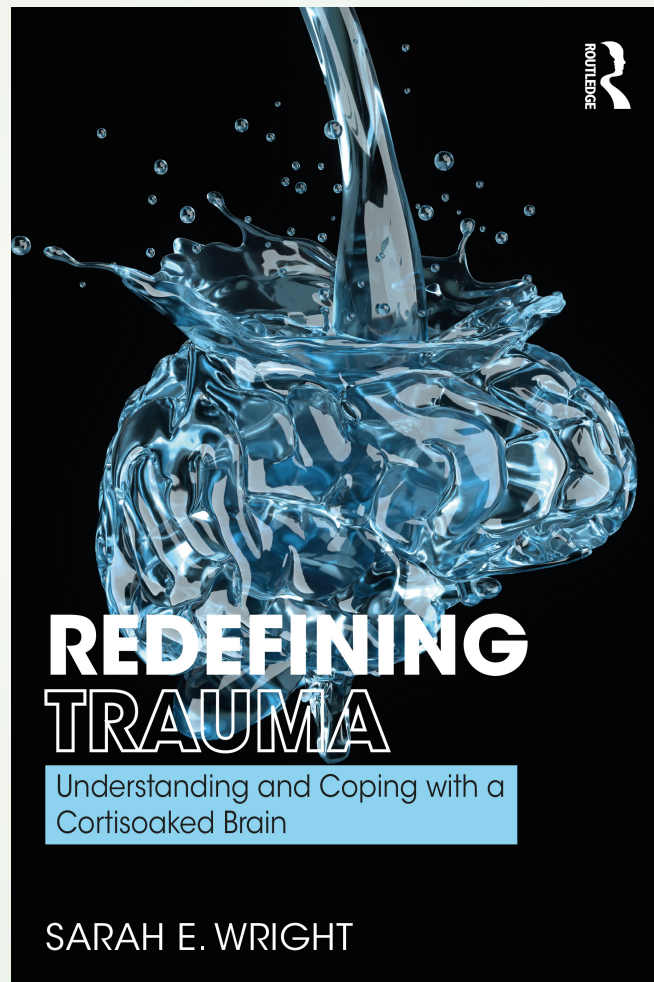


Dr. Sarah E. Wright

Licensed Psychologist, Certified Sex Therapist/SV

Shrinking Heads, Expanding Minds



SPEAKER INFORMATION
PACKET

Want to better understand the impact chronic or intense stress and trauma have on the brain?

Want to foster an environment of acceptance and compassion in your organization?

Fueled by the belief that understanding is an antidote to judgment, Licensed Psychologist, Certified Sex Therapist/Supervisor, and author Dr. Sarah E. Wright makes complex topics and information easily understandable with practical guidance for living life with intention.

"Do what you're going to do, just do it on purpose!"

- Available for workshops, presentations, and other events
- Appropriate for universities, health clinics, business organizations, military/veterans, & more
- Will artfully tailor content to suit needs and time available
- Skilled presenter both virtually and in-person
- Creates an atmosphere of engagement and utilizes humor and discussion to enhance learning and collaboration
- Brings passion and energy to every event
- Emphasizes a holistic approach incorporating biological, cultural, emotional, and psychological factors

TESTIMONIALS

"You can't know how much you helped me today! I felt like many things said or presented were there just for me. Your genuine love and compassion are front and center when you talk about trauma and what it often leaves in its wake."

"This event was absolutely amazing. It was so informative, helpful and relevant.~ Thank you so much for sharing your knowledge and for your enthusiasm!"

"I felt like the information presented was done in a way that was incredibly accessible to a diverse audience"

PRESENTATION TOPIC POSSIBILITIES

Understanding and Coping with a Cortisoaked™ Brain

Knowing what's normal can help! This talk makes the brain science of extreme stress simple. A new definition of "trauma" is offered with practical explanations for reactions that occur. Relevant cultural factors are explored and processed, especially as they relate to control. Coping skills tailored to the state of brain will be discussed and concrete guidance for language to use and ways to be ideally supportive to others is offered.

General and/or Clinical Aspects of Sexual Health

Dr. Sarah will explore the cultural challenges inherent in communication around sex and sexuality. She skillfully creates a safe environment in which true learning can occur about sexuality, sexual response, communication, and clinical approaches to addressing sexual health. Any area of sexuality can be incorporated. Even the most sex-savvy participants will come away with something new!

Gender, Sexuality, and LGBTQIA+

Sexual and gender diversity are here to stay! With about 20% of young folx identifying as queer, it is imperative that people have a place to learn about these topics and better understand the importance of being a good ally. Dr. Sarah can help to distinguish sex, gender, and sexual preferences. She will empower people with the language and skills necessary to engage with humans in all walks of life.

Honoring Culture

We are all cultural beings with various points of reference that shape our perspective. The main intent of this talk is to welcome everyone's perspective to the discussion by exploring various cultural lenses with an attitude of curiosity and openness. Learn practices and language that will maximize participation and increase cohesion amongst your team.

~ Topics by Request ~

If you have a specific topic or presentation request, please contact Dr. Sarah so she can design a custom program specific to your needs!

About Dr. Sarah E. Wright



Dr. Sarah E. Wright is a Licensed Psychologist and Certified Sex Therapist/Supervisor specializing in human sexuality, the impact of stress and trauma on the brain, multiculturalism, and clinical supervision and training. She is a first generation college student with a goal of making information accessible to everyone. She received her doctorate in Clinical Psychology from Wright State University's School of Professional Psychology. She currently serves as an adjunct professor in the Psychology Department at a university in

South Carolina where she also works full time in the counseling center. She maintains a part-time private practice where she works with individuals and couples, addresses issues of gender and sexuality, and provides clinical and sex therapy supervision.

Dr. Sarah is the author of *Redefining Trauma: Understanding and Coping with a Cortisoaked Brain* (Routledge, 2020). She also has 2 published book chapters: "Live Supervision of Sex Therapy," which appears in *The Art of Sex Therapy Supervision* (Wadley & Siegel, 2019), and "A Cultural Transformation Approach in the Group Treatment of Addiction," which appears in *Innovations in Clinical Practice: Focus on Group, Couples, and Family Therapy* (VandeCreek & Allen., 2007). She has presented at several national conferences and conducted numerous trainings and workshops both in person and virtually.

**Contact Dr. Sarah at 803.658.8898 or email
Sarah@DrSarahEWright.com to see how to put her energy and
expertise to work for you!**