

Josephine Anne Lauren

AUTHOR & ACTIVIST



Jo is an author and activist with a Masters in Theological Studies. She shares her story of childhood trauma and recovery through writing and public speaking as a medium to express the significant intersections between spirituality, psychology, and healing in order to meet the urgent demands of peace and justice on individual and collective levels.

Publications

[Yes! Magazine](#)
[Spirituality & Health](#)
[Ms. Magazine Digital](#)
[Ms. Magazine Blog](#)
[Elephant Journal](#)
[For Women Who Roar](#)
[425 Magazine](#)
[Elite Daily](#)
[The Mighty](#)

Publications

[IncestAWARE](#)
[Overcoming SA](#)
[Survivor Lit](#)
[Reader's Digest](#)
[Better Human](#)
[P.S. I Love You](#)
[The Bold Italic](#)
[Reiki Rays](#)
[America Magazine](#)

Podcasts

[The Trauma Therapist](#)
[Leading People First](#)
[Releasing Trauma](#)
[Beyond the Vision](#)

Panels

[The Empowered Voice](#)
[Speak 2 Her](#)
[Thriving Through the Holidays](#)