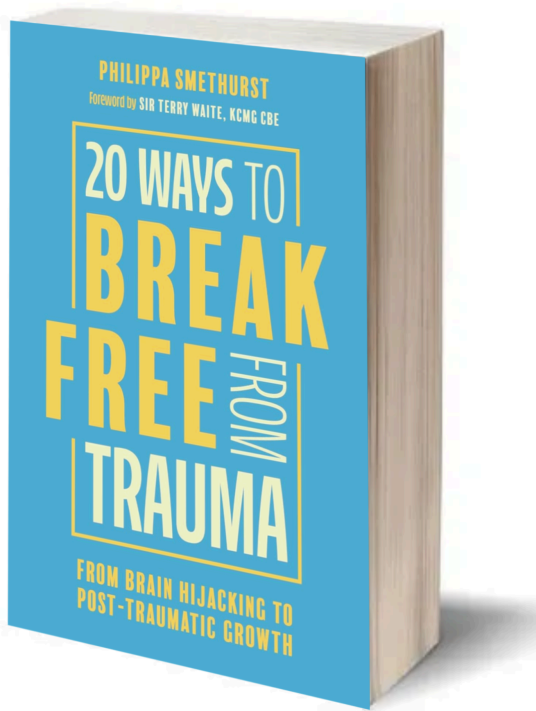


FOR IMMEDIATE RELEASE



20 Ways to Break Free From Trauma

The Life-Changing Toolkit for Psychological Recovery

“An important and insightful contribution to the mental health literary landscape.”

Alastair Campbell, writer, communicator, and mental health campaigner

“One of the best books on trauma I’ve read in a long time. Essential reading.”

Sir Terry Waite, former hostage, human rights activist and author

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In this book, Philippa Smethurst, a psychotherapist of over thirty years’ experience, unveils practical insights for healing deep and often hidden wounds. She demystifies the complex nature of trauma, breaking it down into twenty common responses.

Combining neuroscience, real-life stories, meditations, and practical exercises, she offers the book as a comprehensive psychological ‘first aid kit’, with accessible tools to navigate trauma and help recovery.

“Trauma is often invisible but profoundly impactful,” Philippa explains. “It’s an experience that gets under our skin, and its effects can be hard to throw off. It can cut us off from ourselves and break our hearts. I wrote this book to make what is hidden visible, to dismantle stigma and offer hope for transformation.”

A selection of reviewers’ comments:

“This book is all about giving readers the knowledge they need to understand how trauma from the past is affecting them in the present, and how to break free from it.”

“I wish I had had this years ago. It’s perfect to carry around like a handbook. Sometimes I just open it to a random page and it helps guide my day and bring me back to myself.”

“I’m living proof that what Philippa writes works.”

About the Book

20 Ways to Break Free from Trauma distils the author's extensive knowledge of trauma into focused areas of self-help. A toolkit with science-backed insights, the book shows how to work with our minds and bodies to dissipate the overwhelming charge of trauma, develop self-compassion, and find creative ways to connect up with ourselves and the goodness in the world.

Key features include:

- Clear explanations of what trauma is
- Guided meditations and reflective exercises
- Real stories of individuals finding strength in struggle
- Practical strategies for breaking free from destructive patterns

20 Ways to Break Free From Trauma is available from [Amazon](#) and major retailers.

About the Author

Philippa's journey into psychotherapy began in 1989 when she was a witness to the violent suppression of students' hopes and dreams in China's Tiananmen Square. This momentous event taught her about the raw, overwhelming power of trauma to change us inside.

Philippa trained at the Metanoia Institute in London, and has become an advocate for Sensorimotor Psychotherapy. Her continuing mission is to make psychological insights accessible and creative, particularly for those navigating trauma.

As well as being a practising psychotherapist, Philippa writes for publications including *Therapy Today* and *The Psychologist*, and has her own YouTube channel that has reached thousands, offering unique perspectives, relatable insights and practical guidance.

About the Publisher

Since 1987, Jessica Kingsley Publishers have been working with authors who bring to their writing both lived experience and specialist experience. They have published groundbreaking work on autism, mental health, gender diversity, adoption and neurodiversity. JKP aim to address the challenges faced by individuals and communities, and establish positive narratives about difference.

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