



MEDIA RELEASE

FOR IMMEDIATE RELEASE

LEADING EXPERT AVAILABLE TO SPEAK ON TERROR, PAIN, AND LOVE ADDICTION

STOP: WHAT IS POST-TERROR STRESS DISORDER?
HOW DOES TERROR LEAD TO LOVE & SEX ADDICTION?
WHY IS TRUE LOVE ESSENTIAL RIGHT NOW?
WHAT IS LOVE?
WHY DON'T OUR ORDINARY COPING SKILLS WORK?
HOW CAN WE COPE WHEN WE DON'T FEEL SAFE?

Why Interview Dr. Schaeffer?

(Minneapolis, MN)—Jackie Nink Pflug, victim of the EgyptAir Flight 648 hijacking, chose Dr. Schaeffer as the therapist who would guide her through haunting nightmares, dramatic mood swings and divorce after surviving being shot in the head, thrown from the plane by terrorists and left for dead. “I felt safe with Dr. Schaeffer right away and sensed her authenticity. I knew she could help me heal and grow. During the hijacking, I had to freeze my emotions in order to cope with the horror. Now to survive emotionally, I had to start thawing out.”

Tom Gegax, CEO of a large corporation, refers to her as his most important mentor. Trauma stared him in the face as divorce, cancer and a faltering business hit him all at once. “Ever the practical business man, I interviewed four psychologists before meeting Brenda Schaeffer, who possessed the right mixture of sensitivity, intuition, and knowledge to inspire the trust I needed to explore my inner landscape.”

Dr. Schaeffer is a national and international lecturer and workshop presenter. Her extensive media experience includes, Fox O'Reilly News, Sally Jessy Raphael, and hundreds of radio and television and chat interviews. She has been featured in *Elle*, *New Woman*, *Lotus*, and other news publications. She hosted her own live talk show: “It's All About Love” and the Internet talk show: “Love on Line”. She unites a wide range of topics in her repertoire of presentations including bringing western psychology and various world philosophies into her work. She believes that painful life events are wake-up calls and that therapy should be movement forward on our soul's journey. Her style is direct and compassionate.

WHAT IS DR. SCHAEFFER HEARING BEHIND CLOSED DOORS?

DEB: “I'm so depressed and lonely. It seems like everyone else has their family around them right now and it just reminds me that I am divorced and alienated from my kids. It was not an accident that I drank too much and fell and broke my leg. Some days I want to die. Can you help me?”

FOR FURTHER INFORMATION:

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Titles by Brenda Schaeffer, D.Min., M.A.L.P.

Love or Addiction? The Power & Peril of Teen Sex & Romance (Expert Publishing)
Inner Reflections CD (SoulFood Music)

Love's Way: The Union of Body, Ego, Soul & Spirit (Hazelden Publishing)

Is It Love or Is It Addiction? (Hazelden Publishing)

Loving Me, Loving You: Balancing Love and Power in a Codependent World
(HarperCollins)

The Healthy Relationship Series (Hazelden Publishing)

CHRIS: "I haven't had an urge to act out sexually in over two years. I feel restless, keyed up, on edge. I fantasize about going out and having sexual affairs. Yet my marriage is better than ever and acting out would destroy everything I've got going for me. What is going on with me?"

JANICE: "I went to the doctor for severe chest pains and difficulty breathing. He told me I was hyperventilating. I felt so embarrassed and angry with myself for being so anxious that I made myself sick. I don't see my friends reacting this way. What is wrong with me?"

These stories and questions are everyday occurrence for author, trauma expert and psychologist, Dr. Brenda Schaeffer. The symptoms described by her clients are normal.

Unresolved trauma trapped in our bodies leads to unresolved trauma in our love relationships. There is a reason why so many Vietnam vets had such a high rate of divorce or became addicts. Terror leaves us in a state of hyper-arousal. "We recoil when we sense danger. We relax when we feel safe. This all happens naturally. All animals do it. Our hair bristles, our hearts beat faster, we hold our breath, and our bodies put us on alert in anticipation of danger and when the threat is gone we shake off the fear. But today we cannot relax, yet our bodies want to release the tension. Our bodies, including our hearts, can become frozen in fear. Our brain goes back and forth between hyper arousal and numbing out. How do we end this cycle?"

Dr. Schaeffer, an expert in trauma and love relationships, understands the connection between childhood trauma and sex and love addiction. Living in constant terror as we are today, the stakes are even higher, she says. Events on September 11th leave adults and children more vulnerable than ever before. In a traumatic moment our innocence is shattered and we step out of basic trust so essential to healthy loving. "With a pain-filled inner world, we will use whatever we can to self medicate or repel trauma feelings out of our body. Sex, romance and love are no exception."

"We humans may be the most elevated species on earth," she says, "but we live in an animal body. Like any other animal we sense danger and our bodies go on hyper alert until the danger is gone. It is self-protective and puts us in a fight, flight or freeze mode. Watch an animal. When the danger is over they shake off the feeling and get on with life. We humans tend to freeze our emotions and act them out instead through compulsive behaviors, irritability, anxiety attacks, depression and illness"

In her bestseller, *Is It Love or Is It Addiction?*, now in five languages, and in her book, *Love's Way*, Dr. Schaeffer identifies four types of trauma and how they affect our ability to love. "Biology provides us with three sensations of pleasure- arousal, fantasy and satiation – as a way to experience life to the fullest. Though meant to enhance our love life, we can become dependent on these feel good chemicals to self medicate our ills. Love addiction becomes a substitute for real love. We use and abuse others."

How can we develop compassion when we want revenge? Love and connection are critical right now and it is time to put more love on the streets. That means we need to co-exist. What a challenge! Science, Dr. Schaeffer points out, is confirming what spiritual teachers have been telling us for years. Love is not a mere feeling, behavior, thought or biochemical response. It is not even a relationship. Love is an enormous power as real as electricity, available to everyone and there is no end to its supply.



Dr. Brenda Schaeffer is a licensed psychologist, certified addictions specialist and best-selling author. With over 500,000 copies sold, she has helped countless people find their way from the trials and confusions of addictive love to the fulfillment of whole and healthy relationships. She has been featured on a variety of national broadcast programs, such as Fox' *The O'Reilly Factor*, and in publications such as the *Washington Post* and *Fitness Magazine*. She is the founder of Healthy Relationships, a Minneapolis-based practice where she conducts therapy, training and workshops.

For more information on her work, visit her websites:
www.brendaschaeffer.com or www.loveandaddiction.com