

Laura Rose

Co-Researcher

I am passionate about mental healthcare becoming trauma-informed. It is the primary reason why people struggle and the least recognized. Having been through the process myself, it wasn't until I had proper support that I finally started to heal instead of cope. I've administered support groups, listened to thousands of stories, and researched how society impacts health. An abuse survivor, student of trauma-informed care, and researcher on how society's dysfunctions create mental "illness," has allowed me to see the three most needed approaches to mental healthcare: understanding trauma, capacity to hold space and regulate the lowest of lows, and consistent support in radical witnessing of one's story. Learn more about me at my [website](#)
