

MEDIA CONTACT: media@shannonthomas.com

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EXPERT SOURCE: Shannon Thomas
International Bestselling Author and Abuse Recovery Expert

Shannon Thomas At-A-Glance:

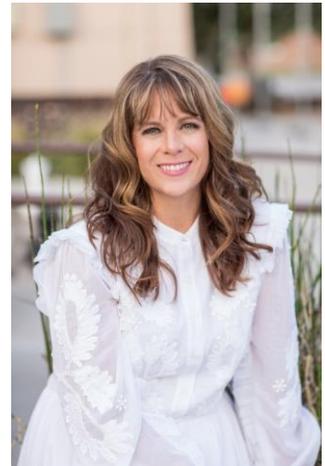
- Owner and Lead Therapist of Award-Winning Counseling Agency
- Author of bestselling book, *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse* and *Exposing Financial Abuse: When Money is a Weapon*
- Psychological + financial abuse survivor
- Licensed Clinical Social Worker and Supervisor

Areas of Expertise:

- “Hidden abuse,” otherwise known as psychological/emotional abuse
- Financial abuse and exploitation
- Certified Trauma Therapist
- Individual growth and improving interpersonal relationships, including marital, dating, families, friendships or in the workplace

Topics:

- Abuse in Society and Various Cultures
- Six Stages of Healing from Hidden Abuse
- Recognizing Psychological + Financial Abuse
- Spiritual + Cult Abuse
- Recognizing Healthy Relationship Patterns and Behaviors



About Shannon Thomas

Shannon Thomas, LCSW is the international bestselling author of *Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse* and *Exposing Financial Abuse: When Money is a Weapon*, and the owner/lead therapist of an award-winning counseling practice in Southlake, TX. After dropping out of high school yet persevering to eventually earn her master’s degree at age 34, to losing her father to a violent crime and her mother to addiction and mental illness, Thomas understands the need to overcome. As a leading therapist and survivor herself, Thomas is one of the few in the field to bridge the gap between pop culture and clinical advice.

Thomas has been featured in top media outlets including Business Insider, Teen Vogue, Yahoo! Finance, Reader’s Digest, Elite Daily, Bustle, Fatherly and Romper. Her first book, *Healing From Hidden Abuse*, has been published in multiple languages and serves as a roadmap for book studies and host groups in eleven countries and 35 states across the United States. Thomas also coined the ‘*Six Stages of Healing*’ model, which has been met with favorable reviews and high applause from readers and medical professionals across the world. As part of her continued commitment to impact the masses and provide healing, Thomas shares ongoing perspectives through the lens of a therapist and fellow survivor of psychological abuse on her blog (shannonthomas.com/blog).