



About The Book

*As a trauma survivor and experienced art therapist, clinical counselor, and life coach, I have witnessed the enormous power of finding meaning in one's traumatic experiences. In my memoir, *Speak to Me, Persephone*, I chronicle my harrowing journey of being psychologically abducted into the underworld of depression, panic attacks, sexual abuse, and suicide as a result of mistreatment at the hands of my therapist. Back then, my innocence was lost, my trust in a benevolent deity ruptured.*

I frame my personal story of abuse and recovery in the context of the archetypal myth of Persephone, Goddess of Spring, reemergence, and regeneration. Persephone, the innocent, is abducted by Hades, god of the Underworld, where she is held prisoner to dark and powerful forces. Eventually, she transforms herself from a hapless victim into a wise and formidable woman who goes on to guide lost souls out of the Underworld and back to the light. Fortunately, this powerful archetype exists within all of us and is available as a source of inspiration and guidance. Indeed, such a descent can be seen as an initiation and call to live a fuller, more conscious life.

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