

HEALTHCARE KEYNOTE SPEAKER AND EDUCATOR

Dr. Avery Neal

PHD, LPC · INTERNATIONAL AUTHOR · RESEARCHER · PSYCHOTHERAPIST

Bringing psychological abuse awareness, education, and training to healthcare organizations through keynotes, grand rounds, and staff education

Advancing the recognition of psychological abuse across healthcare.

Organizations can bring Dr. Avery Neal's assessment tools, training, and psychoeducational programs to the settings where psychological abuse has gone unnamed. As a speaker, she gives nurses, physicians, therapists, and care teams a clear, research-based way to recognize psychological abuse and respond in ways that open the door to support.

**Speaking Formats** In person or virtual, tailored to each audience**Keynote**

45 to 60 minutes for conferences and annual meetings

Grand Rounds

60 minutes, with time for clinical questions

Workshop

90 minutes, interactive, for breakout and pre-conference sessions

In-Service

Focused education for nursing and clinical teams

Speaking Topics Two keynotes, each adaptable for grand rounds, workshops, and in-service education

01

Seeing What Patients Can't Say

Psychological abuse, its effects on health, and the role of every clinician

KEYNOTE

FOR FRONTLINE
AND CLINICAL
TEAMS

Psychological abuse is the most common form of intimate partner violence, and many of the people living with it do not yet recognize it themselves. Most arrive with symptoms and no disclosure. Dr. Neal walks healthcare teams through how psychological abuse works, why it is so easy to miss, and how the nurse, physician, or therapist already in the room can recognize it during an ordinary visit and connect the patient to support.

ATTENDEES WILL LEARN TO

- Recognize the subtle patterns of psychological abuse, including manipulation, isolation, and control, and why they are easy to miss in a busy clinical setting
- Understand why patients minimize or deny, and read minimization as a signal
- Respond in ways that keep the door open when a patient discloses or minimizes
- Follow a simple four-step referral pathway that puts safety first and connects patients to trusted resources

IDEAL FOR

Nursing education and grand rounds

Emergency and primary care teams

Women's health, OB/GYN, and specialty departments

Hospital and health system conferences

02

The Diagnosis Behind the Diagnosis

How psychological abuse shapes the conditions healthcare teams treat every day

KEYNOTE

FOR MEDICAL
AND BEHAVIORAL
HEALTH
AUDIENCES

Anxiety, depression, post-traumatic stress, insomnia, hypertension, migraine, autoimmune conditions, and chronic pain are among the conditions associated with psychological abuse. Sustained threat keeps the stress response switched on, and over time chronic stress and inflammation affect the brain and the body. Dr. Neal connects the research to what clinicians see across behavioral health and medical specialties, and makes the case for routine screening.

ATTENDEES WILL LEARN TO

- Explain the pathway from sustained psychological threat to chronic stress, inflammation, and illness
- Identify the mental health conditions most associated with psychological abuse, from anxiety to post-traumatic stress
- Recognize physical presentations across body systems that can point to an abusive relationship
- Understand how children in these homes carry the same effects, and why routine screening changes outcomes

IDEAL FOR

Medical and psychiatry grand rounds

Behavioral health and counseling conferences

Specialty departments and service lines

Nursing and interdisciplinary education

1 in 2

Americans report experiencing psychological abuse by a partner during their lifetime

CDC, 2010

57.6 million

Women in the U.S. have experienced psychological aggression by an intimate partner

Black et al., 2011

33%

Higher annual health care costs for women with recent nonphysical-only abuse

Bonomi et al., 2009

77%

Of intimate partner violence victims treated in emergency departments were never identified as abuse victims

Kothari and Rhodes, 2006

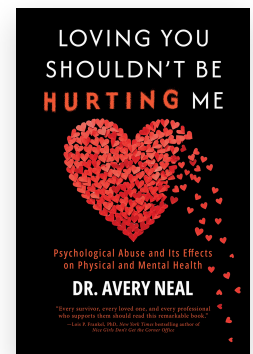
ABOUT THE SPEAKER

Avery Neal, PhD, LPC

Dr. Avery Neal is an internationally published author, researcher, and psychotherapist. She is the leading expert on psychological abuse and its effects on mental and physical health.

Her first book, *If He's So Great, Why Do I Feel So Bad?: Recognizing and Overcoming Subtle Abuse*, gave readers the language to recognize subtle abuse and it has been published in twelve languages. More than 20,000 people worldwide have taken her courses, which are also used by clinicians, universities, and organizations. Her writing and interviews have appeared on Oprah.com, Counseling Today, and Best Self Magazine, and she has spoken at conferences alongside some of the world's leading experts in psychology.

Her work now extends beyond individual clinical practice to address psychological abuse across the broader healthcare system. Dr. Neal is advancing the clinical and medical recognition of psychological abuse, a form of harm that remains largely unassessed and unidentified in healthcare settings. She has developed assessment and identification tools where none previously existed, and is building the practical resources frontline clinicians need to recognize psychological abuse in their patients.



Both keynotes draw on her second book, **Loving You Shouldn't Be Hurting Me** (Post Hill Press, 2026). Copies can be paired with any session for attendees.

DR. NEAL'S HEALTHCARE OFFERINGS

01 Healthcare Keynotes

02 Education and Certification

03 Patient Course Licensing

04 Advisory Services

Bring psychological abuse awareness and training to your healthcare organization

averyneal.com/psychological-abuse-training

BOOK DR. NEAL TO SPEAK
info@averyneal.com
averyneal.com