

Tulane grad publishes book on PTSD

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Lisa Wineburg

In her compelling new book, “Beyond the Scars,” Tulane School of Social Work Adjunct Professor and Doctor of Social Work (DSW) alumna Lisa Wineburg invites readers on a transformative journey through the depths of resilience. A distinguished clinical practitioner and founder of New Beginnings Behavioral Health Service and The Butterfly Effect Trauma Response & Treatment Foundation, Dr. Wineburg brings expertise and compassion to this vital topic.

Drawing from her personal experiences and extensive research, Dr. Wineburg delves into the complexities of Post Traumatic Stress Disorder (PTSD), offering profound insights and practical strategies for navigating life's challenges. She challenges conventional wisdom, exploring resilience as a dynamic process that can be nurtured and strengthened over time.

Dr. Wineburg recounts her personal struggles with PTSD, and the feelings of isolation and depression that came with them. “I reminded myself that when I healed from this anguish, I would reach back and offer my understanding, encouragement, and insight that helped me navigate through the tall weeds to find a safe place to land,” Dr. Wineburg said.

Dr. Wineburg weaves together compelling real-life stories and evidence-based practices, providing readers with both inspiration and actionable advice. Her empathy and wisdom shine through, making complex psychological concepts accessible and relevant to anyone seeking to cultivate resilience in their own lives.

Beyond its practical applications, “Beyond the Scars” stands as a testament to Dr. Wineburg's commitment to empowering individuals and communities. Her dedication to promoting mental health and well-being resonates deeply, offering readers a roadmap to not only survive but thrive in the face of adversity.

For more information about Dr. Lisa Wineburg and her transformative new book “Beyond the Scars,” visit drwineburg.com. Discover how resilience can empower you to embrace life's challenges and emerge stronger than ever before.