

**LISA FREDERIKSEN**  
**Author | Speaker | Trainer | Consultant**  
**Founder of BreakingTheCycles.com and SHD Prevention**

**39-year Career in Executive Management, Consulting, Speaking, Training, and Writing**

- Most recent 13 years have studied current and state-of-the-art research on brain development, wiring, and mapping; toxic stress; substance use disorders; mental disorders; adverse childhood experiences; and related topics.
- Pioneered and articulated connections between neuroscience, social environment, and the developmental causes of substance use and mental disorders, offering new modalities/approaches as to prevention, intervention, treatment and recovery in individuals, families, and communities.
- Developed the concept of secondhand drinking – the negative impacts of a person’s drinking behaviors on others – to address the physical and emotional health and quality-of-life consequences for 90 million Americans who are affected by a person’s drinking behaviors.
- Founded [BreakingTheCycles.com](http://BreakingTheCycles.com) and [SHD Prevention](http://SHDPrevention.com).
- Nationally Certified Family Recovery Coach (NCFRC).

**Author**

- Author of eleven books of which the most recent five are on substance use disorders and secondhand drinking, and include: *Crossing The Line From Alcohol Use to Abuse to Dependence*, *Loved One In Treatment? Now What!*, *If You Loved Me, You’d Stop!* and *Secondhand Drinking: the Phenomenon That Affects Millions*. Two have been translated into Spanish and published by Editores Mexicanos Unidos, S.A. and are titled: *Si me amaras... dejarías de beber* and *Adicciones*. and *Codependencia, El ser querido bajo tratamiento... ¡Y ahora qué!*
- Creator of the blog, BreakingTheCycles.com, and author of more than 800 blog posts, articles and guest posts.
- Creator of several short video programs for PennTV (San Mateo County Public Access Television), also available on BreakingTheCycles YouTube channel.

**Speaker**

- 25 years of public speaking experience with most recent 15 as a National Keynote Speaker.
- Guest expert on a variety of television, radio, and Internet radio and podcast programs.

**Trainer**

- Single Activity Provider for California Bar Association’s substance abuse/mental illness MCLE (continuing education) requirement (Provider #15372).
- Developed and produced a 46-minute online educational training video using 21<sup>st</sup> Century brain research explaining alcohol misuse, secondhand drinking, stress and brain health. This video is currently under license and being employed by the Kansas City Police Department and Ft. Irwin National Training Center.

**Consultant**

- Family Program Consultant, Muir Wood Adolescent and Family Services.
- Family Education and Program Consultant, Center for Enhanced Recovery.
- Provider of a variety of consulting services for over a decade to hundreds of individuals and families, some as far as Kenya, Slovenia and Mexico.
- Provider of education and implementation consulting services to businesses and public agencies.

**Sample of Clients and Audiences**

- Houston Chapter Texas Association of Addiction Professionals SPECTRUM Conference – Keynote
- Stanford Medical School Eating Disorders & Addiction Rotation students under Dr. Stanley Fischman – Class Lecturer
- Grandparents as Parents Lexington, Kentucky Conference – Keynote
- Kansas City Police Department Training Academy – Trainer
- Kaiser Redwood City Physical Therapists – Trainer
- Coalition of Behavioral Health Services Houston Family+Friends Recovery Resource Expo & Symposium – Keynote
- Center for Enhanced Recovery – Keynote
- Council of Nephrology Social Workers – Trainer
- Kaiser’s Northwest Employee Assistance Program Clinical Staff – Trainer
- Mississippi Association of Recovering Pharmacists – Speaker
- National Police Activities League (P.A.L.); California Police Activities League; San Mateo County Sheriff’s Activities League – Speaker
- San Mateo Union High School District Health Council – Trainer
- Andrew Hill High School Red Ribbon Week – Keynote
- Ft. Irwin National Training Center troops and personnel – Keynote
- U.S. Forest Service Pacific Southwest Region – Keynote
- U.S. Forest Service Pacific Southwest Region Health and Safety Officers – Speaker
- Salmon-Challis National Forest – Keynote
- Tahoe National Forest – Speaker
- Muir Wood Adolescent Teen Treatment and Family Services – Trainer
- The Delray Recovery Center and The Sequoia (Addiction Treatment) Center – Trainer
- County of Santa Clara Department of Alcohol & Drug Services Learning Institute – Trainer
- National Alliance of Mental Illness (NAMI) Santa Clara – Speaker
- Santa Clara County Bar Association – Trainer
- San Mateo County Bar Association, Family Law Section – Speaker

**For More Information, Visit:**

- [www.BreakingTheCycles.com](http://www.BreakingTheCycles.com)
- [www.SHDPvention](http://www.SHDPvention)

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