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REAL CPTSD-INFORMED COACHING NOT AI

Coach Thomas (T)



I am because we are!

I intimately understand the depths of CPTSD (complex post-traumatic stress disorder) from childhood sexual trauma--because I lived through it. Imagine growing up in a world where the **picture-perfect exterior hides unimaginable pain**. From age six to late teens, I was sexually abused--passed around like leftovers, caught in a cycle I couldn't comprehend, and the only one unaware of the cruel reality shaping my life.

As an adult, I appeared to have it all--working for one of the world's top software companies--but inside, I was crumbling. Anxiety, struggles with relationships, flashbacks, and depression. Suicidal ideations became a normal part of life. A therapist once explained that my ACEs (adverse childhood experiences) were off the charts and nearly impossible to address. My brain could **no longer suppress** the tidal wave of childhood trauma.

At the time, society refused to acknowledge that men--especially Black men could be victims of sexual abuse. The stigma was isolating. Many therapists lacked the tools to help someone with my experiences. So, I embarked on a **journey to heal myself**.

I immersed myself in every resource I could find, from **studying psychology** and counseling in graduate school to earning certifications in breakthrough coaching, herbal medicine, trauma-informed courses, leadership development, and **clinical hypnotherapy**. I even **traveled to China to study** with monks at the Shaolin temple. Every step was part of a relentless pursuit to overcome the effects of the trauma and reclaim my life.



Healing wasn't just for me. My mother taught me the importance of service, and I knew I couldn't keep what I learned for myself. In 2001, I began leading workshops, retreats, and conferences for male survivors. I produced radio show, podcasts, to amplify their voices, served on the board of 1in6.org, and **learned from some of the world's** leading male trauma psychologists.

Over time, I discovered that my unique combination of lived experience, education and empathy allowed me to connect deeply with other survivors. The men I worked with began experiencing accelerated healing through my programs and workshops. Years worked through in months.

Today, my mission is clear: to help male survivors rediscover their worth and break free from trauma. I create safe, transformative spaces where men can heal, reclaim their voices, and build fulfilling, authentic lives.

This work isn't just my calling--it's my promise. No one should have to heal alone. Together, we can create a world where survivors don't just survive--they thrive.