

Jeffrey E. Hansen, Ph.D. – Bio/Backstory

Dr. Jeffrey Hansen is a highly respected clinical psychologist specializing in trauma, addiction, pediatrics, and adolescents. Licensed in both Washington State and Arizona, Dr. Hansen's professional journey includes a decade of active-duty service in the Army as a pediatric psychologist, where he achieved the rank of Major. He also has 25 years of private practice experience in Olympia, WA, where he founded Pediatric Psychology Associates, LLC. In addition, he served nine years as a pediatric psychologist at Madigan Army Medical Center. In 2018, Dr. Hansen founded and became the director of The Center for Connecting Living, LLC, providing care to children, adolescents, and adults in Washington State. Since 2023, he has been serving as the Clinical Director of Holdfast Recovery in Prescott, Arizona.

Throughout his distinguished career, Dr. Hansen made significant contributions to the understanding and treatment of trauma, particularly in the context of children, military families, and soldiers. His service at Madigan Army Medical Center, where his expertise in the intersection of neuroscience, trauma, and addiction treatment set him apart, highlights his profound impact. He was also a respected member of the Graduate Medical Education (GME) faculty.

Born in 1954 in Fort Collins, Colorado, Dr. Hansen's early life was shaped by his family's diverse European heritage, with roots in Switzerland, Sweden, and Denmark. His father, a highly driven individual, graduated top of his class as a veterinarian in 1959. Unfortunately, his father suffered significant physical and emotional abuse from his own father, which sadly affected his children. Dr. Hansen and his twin brother, Gregg, turned to academic excellence as a coping mechanism. While this approach had both positive and negative implications, the pain was concealed for many years until it surfaced in unhealthy ways during their high school years. During this challenging period, Dr. Hansen found the Christian faith, which redirected his life toward a healthier balance and perspective.

A particularly formative and profoundly painful experience in Dr. Hansen's life was the tragic loss of his twin brother, Gregg, in October 2023. Gregg succumbed to mental health issues after a long and arduous struggle with depression. The depth of this loss cannot be overstated, as Gregg had been not only a brother, but a lifelong companion and mirror to Dr. Hansen's own experiences and challenges. This devastating event could have easily led to despair; however, Dr. Hansen found a way to transform this grief into a renewed commitment to his life's work. In memory of his brother, he rededicated himself to helping others who face similar struggles, ensuring that Gregg's legacy would live on through the countless lives he would touch and heal. This loss has infused Dr. Hansen's work with an even deeper empathy and resolve, as he understands firsthand the devastating impact of mental health challenges on both individuals and families.

Dr. Hansen has authored numerous research articles and four acclaimed books, including *The Storm Within Us* and *the Pathway to Peace*, which explore the intersection of trauma, personal faith, and transformative therapies that guided him through some of the darkest periods of his life. His upcoming

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fifth book promises to be groundbreaking, integrating neuroscience with three key models to address trauma and addiction: polyvagal-informed therapy, HeartMath/Neurocardiology, and Internal Family Systems (IFS).

In addition to his clinical and literary contributions, Dr. Hansen is deeply involved in community outreach, focusing on critical issues such as the risks of early affirmation for gender-confused children and the harmful effects of pornography on youth. He emphasizes the urgent need to protect children from premature affirmation and the destructive impacts of pornography, courageously speaking out against ideologically-driven therapies that have infiltrated the medical profession. Dr. Hansen advocates for evidence-based, neuroscience-driven treatments, and passionately defends freedom of thought and speech in medicine. His unwavering commitment to these causes reflects a broader mission to safeguard the well-being of children and adolescents, ensuring that they are given the time, care, and protection necessary for healthy development.

Dr. Hansen's contributions to the field are not just academic; they are deeply personal. His dedication to his patients, his commitment to his faith, and his relentless pursuit of truth and healing in the face of profound personal loss make him a guiding light in the realm of mental health and addiction treatment. His work continues to inspire and provide hope and optimism to those struggling with trauma, addiction, and the complex challenges of modern life, reminding us all that even in the darkest times, there is a pathway to peace and recovery.