

## Jeffrey E. Hansen, Ph.D.

Born:\*\* 1954

Nationality:\*\* American

Fields:\*\* Clinical Psychology, Pediatric Psychology, Neuroscience

Workplaces:\*\* Holdfast Recovery, Anchor Point, Madigan Army Medical Center

Alma mater:\*\* University of Arkansas, University of California, Berkeley

Known for:\*\* NeuroFaith™ Model, Research in Trauma and Addiction

## Biography

Dr. Jeffrey E. Hansen (born 1954) is an American clinical psychologist specializing in pediatric and adolescent psychology. He is the Clinical Director at Holdfast Recovery and Anchor Point, residential treatment centers for addiction and trauma. Dr. Hansen has extensively studied and treated developmental trauma, addiction, and neuropsychology, integrating Christian faith into evidence-based therapeutic models.

## Education and Career

Dr. Hansen earned his Ph.D. in Clinical Psychology from the University of Arkansas in 1984. He completed an APA-approved internship at Silas B. Hayes Army Community Hospital, followed by a Pediatric Psychology Fellowship at Madigan Army Medical Center. He served in the U.S. Army as a clinical psychologist, achieving the rank of Major. After leaving active duty, he practiced pediatric psychology in private settings and at Madigan Army Medical Center, where he trained military psychologists.

Since 2023, he has led clinical operations at Holdfast Recovery and Anchor Point in Prescott, Arizona, overseeing evidence-based therapies for trauma and addiction. He is also the founder of NeuroFaith™, a model integrating neuroscience and faith in psychological treatment.

## Publications and Contributions

Dr. Hansen has authored multiple books and peer-reviewed publications focusing on trauma, addiction, and neuropsychology. His notable works include:

- NeuroFaith: The Intersection of Science and Faith in the Healing of Trauma and Addiction (2024)
- Digital Enslavement Amidst the Search for Meaning (2024)
- The Storm Within Us and the Pathway to Peace (2024)
- Transgender Confusion Amidst the Search for Identity (2024)
- Digital Drugs and the Search for Connection (2023)

He has also co-authored amicus curiae briefs submitted to the U.S. Court of Appeals concerning gender dysphoria treatment policies and has presented on neuroscience-based addiction treatment at national and international conferences.

### **Military Service**

Dr. Hansen served in the U.S. Army Medical Service Corps from 1983 to 1994. During Operation Restore Hope in Somalia, he provided psychological support to military personnel, including critical incident debriefing.

### **Research and Advocacy**

Dr. Hansen has spoken extensively on trauma's role in addiction, the neuroscience of pornography addiction, and the impact of digital media on youth mental health. His research integrates polyvagal theory, HeartMath/neurocardiology, and Internal Family Systems (IFS) to inform clinical practice.

### **References and External Links**

- [Personal Website](<https://www.jeffreyhansenphd.com>)
- [Holdfast Recovery](<https://holdfastrecovery.com>)
- [NeuroFaith™](<https://www.jeffreyhansenphd.com/neurofaith>)