

CHRISTY GIBSON MD

@tiktoktraumadoc

MEDIA KIT

ABOUT ME



Christy is a family doctor and trauma therapist in Calgary, Canada. She works in health equity at the adult addiction and refugee clinics. A lifelong learner, she completed a Masters in Medical Education and is a Doctoral candidate at Middlesex University in London UK. She loves knowledge translation by explaining challenging concepts in acceptable, culturally-humble ways. She also loves design thinking and social innovation, so that communities can learn to find their own solutions. She is an accomplished international consultant and speaker, the founder of a global not-for-profit Global FamilyMed Foundation and a local Cooperative to *re-imagineer care*:The Healing Centred Cooperative.

www.christinegibson.net

120K

TIKTOK FOLLOWERS

Since joining the app and posting almost daily since January of 2021

1.2M

VIEWS ON A VIDEO

Single 1 minute upload about a therapy technique about "affirmations"

1,691

FACEBOOK FRIENDS

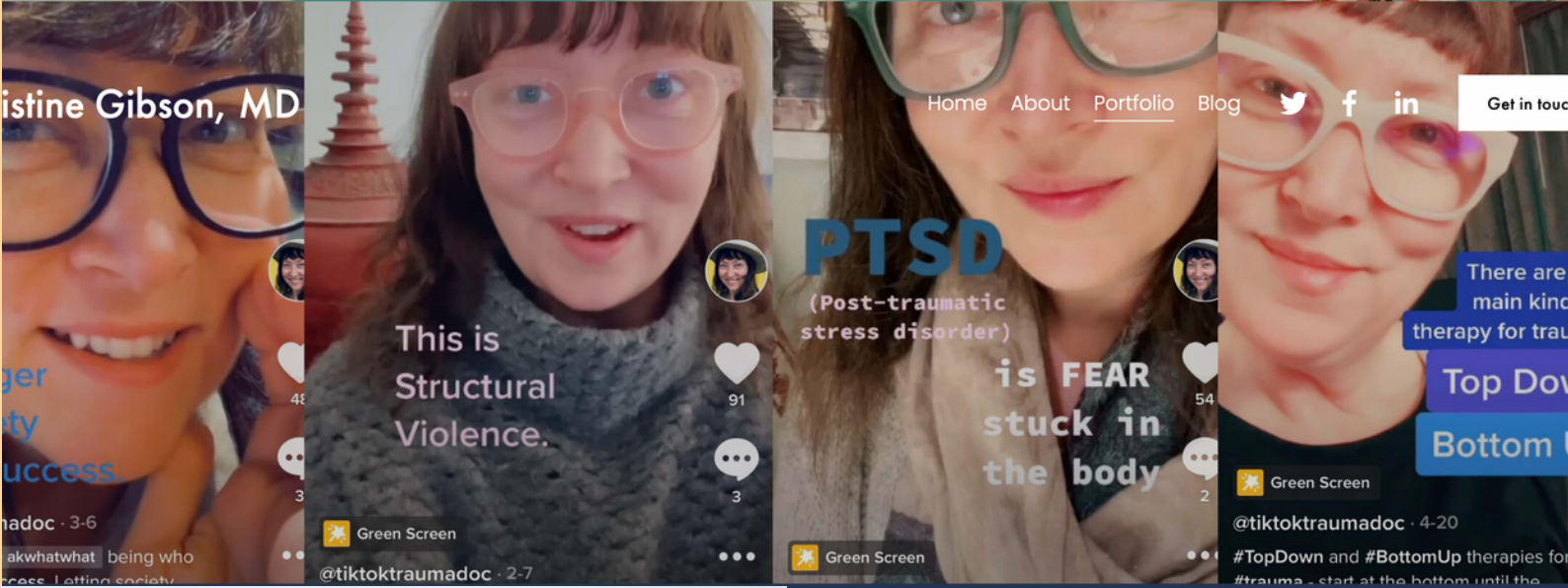
Also runs 4 groups and member of 160 others

Upcoming Book

MODERN
TRAUMA
TOOLKIT

The Modern Trauma Toolkit will be released by Hachette Go (US) and John Murray (UK) in spring of 2023. It's a fresh, compassionate, easily understood description of trauma responses with a strength-based solution focus. Christy takes a systems-lens to trauma, recognizing how it lives in generations, communities, and ecosystems. All levels need to heal, with care and nurturing.

www.moderntrauma.com



AUTHOR-SPEAKER

TOPICS OF INTEREST

- Systems Change and Grief Leadership
- Tools for Post-Traumatic Growth
- Social Innovation and Human-Centred Design Processes in Health
- Equity and Advocacy for those Dealing with Disproportionate Structural Violence
- Medical Assisted Death in Canada
- Equity in Pandemic Response
- PTSD, Complex PTSD, and Developmental Trauma
- Somatic and Experiential Therapies
- Trauma-Informed Care and Healing Centred Engagement
- Family Medicine across the World
- Use of Narrative and Storytelling for Advocacy and Engagement
- Positive Deep Adaptation and the Climate Collapse
- Resilience and Anti-Fragility at Individual and Community Levels
- Curriculum Development and Evaluation for Post-graduate Education, including use of Portfolios for Assessment
- Global Primary Care and HHR

Future Steps

CREATING
SAFER
SPACES
EVERYWHERE

Christy is a co-founder of Safer Spaces Training, a company designed to facilitate trauma-informed workplaces and professionals. Through online training programs and workshops, people are taught how their nervous system responds to stress, how it shows up in others, and what can be done to shift. An assessment process leads to certification and validation.

www.saferpacestraining.com