

Media Kit

About Dr. Gillian O'Shea Brown

Originally from Ireland, Dr. Gillian O'Shea Brown is a New York based psychotherapist, adjunct asst. professor at NYU, and EMDRIA approved consultant passionate about whole living for all people.

Her work on the treatment and healing of complex trauma (relational trauma) has been featured internationally. She uses an integrative blend of trauma informed evidenced based modalities including: EMDR, IFS (Ego State Work), DBT, TF-CBT and Somatic Techniques to treat her clients.

Her first book, entitled Healing Complex Posttraumatic Stress Disorder: A Clinician's Guide (2021, Springer) was designed to provide trauma-informed therapists with psychoeducation. Inspired to share her wisdom outside of the classroom she created Psyche's Awakening (2026, HarperOne).

Media Kit



Media Kit



Media Kit



Media Kit



Media Kit



Media Kit

