

Bio - Kerry Howard

Kerry Howard is a best-selling author and psychologist specialising in trauma treatment. In the past two years Kerry won two International awards for her commitment to treating PTSD and improving mental health in Australia.



Kerry's interest in trauma treatment was fuelled by her own life experience. Kerry was hit by a bus as a pedestrian in 1998 and suffered PTSD.

Following the incident Kerry spent a year in therapy. Kerry credits the bus accident to saving her life, creating as it created a paradigm shift, affording her the opportunity to resolve her issues and be able to move forward in a more positive way in life.

Her life experiences also feature heavily in her best-selling book and inform her approach to assisting others. Kerry truly believes that we can recover from our traumatic experiences and become better, more tolerant, humans because of them.

Kerry's strong interest in the use of emerging technologies is what has led her to develop the platform that allows for Rural Help's services to be delivered, securely and confidentially to clients in rural and remote communities.

Above all else, Kerry is motivated by the 'silent' stories....

"Those who suffer in silence, with anxiety that prevents them living their life to the full... Who feel that in comparison to those who have 'really' suffered, that they have nothing to complain about – yet they can't seem to cope with life." Kerry says. " It's the knowledge that 'Trauma' touches ALL of us – you and me, our children and parents, despite our BEST efforts – we cannot protect everyone... We just need to understand that traumatic experience is 'normal' and there is a way we can resolve it and learn to live our fullest and enriched life!"

Kerry has been a psychologist in private practice for seven years and has published two books and is currently writing her third book entitled "The Trouble With Trauma".