Christine A. Courtois, PhD, ABPP, a board-certified counseling psychologist, who retired from clinical practice in Washington, DC in 2016 and who is now an author and consultant/trainer on trauma psychology and treatment. Dr. Courtois was Chair of the Clinical Practice Guideline for the Treatment of PTSD in Adults for the American Psychological Association and is past president of APA Division 56 (Trauma Psychology). She co-founded and was Clinical and Training Director of a specialized inpatient and day treatment program, The CENTER: Posttraumatic Disorders Program. She has published a dozen books on the treatment of various types of trauma, one of which It's Not You, It's What Happened to You, a book for survivors and consumers, available on Amazon. She has received professional recognition for her work.