



Speaker Bio

Cathy Collyer, OTR, LMT

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Cathy Collyer, OTR, LMT is certified as a sleep therapist through UC Berkeley's Golden Bear Sleep and Mood Research Clinic. She is also a licensed occupational therapist and the author of "Staying in the Room: Managing Medical and Dental Care When You Have DID". Cathy works with trauma survivors of all ages to improve their sleep and their ability to live life to the fullest. Her own healing journey with DID informs her work and her writing.