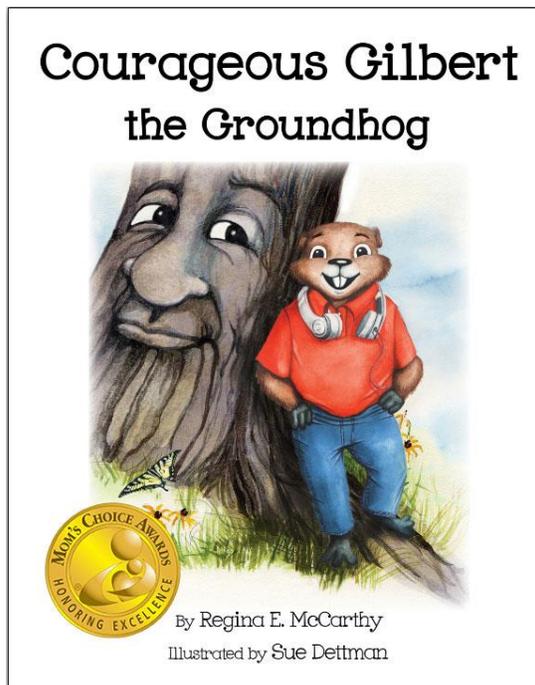


## Media Request Letter



Dealing with her own issues around bullying and self-esteem, Regina McCarthy began a journey of discovery that turned into her life's work. In first grade she was shamed by her teacher in front of the class for not knowing the answer to what is  $5 + 3$ ? In fourth grade she burst into tears in front of the class and couldn't give her book report. In seventh grade a student persuaded other girls to gang up on her during recess. If only a teacher knew how to talk with her about those incidents and allowed her to share her feelings. Instead, she often found herself zoning out or drifting off. To her teachers it may have looked like she was shutting down, but her brain was telling her, "You need to be safe."

As an adult Regina learned where she held her emotions in her body and how to feel them. Then she found the courage to express them in a healthy way to take care of herself. Today, Regina is president and owner of Blue Stone Healing Center in the Chicago area. She works with clients at the holistic level, helping them to heal at their deepest level. Her focus is to reach out to teachers and parents who experience burnout themselves and need self care techniques as much as the kids they care for do.

Regina loves to make Paleo chocolate desserts, practice the ukulele, and is hopelessly addicted to British crime dramas.

Her award-winning children's book, *Courageous Gilbert the Groundhog*, is available in hardcover on Amazon. Paperback and eBook editions will be launching November 30, 2019.

*Courageous Gilbert the Groundhog* complements a trauma sensitive classroom by reflecting what trauma looks like and how it affects the brain and a child's behavior. Traumatized students are three times more likely to have problems with paying attention, and two times more likely to show aggression. *Courageous Gilbert* teaches social and emotional relating skills, and the breathing technique outlined in the book helps create safety in the classroom.

Regina has used Dr. Andrew Weil's 4-7-8 breathing technique since the early 90s and it has made a huge difference in both children and adults.

*Thank you, Regina, for bringing us such a great story. Everyone can relate to the types of situations Gilbert is going through. I have seen many of my students using the techniques that Gilbert used when they are feeling strong emotions.* -- Peggy Hanley, 2nd grade teacher, Dundee Highlands Elementary School

If you would like to have Regina McCarthy on your show for a powerful, insightful and timely interview, please send an email with the name of the show/podcast, your contact information, a proposed date and time, and the calling details.

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