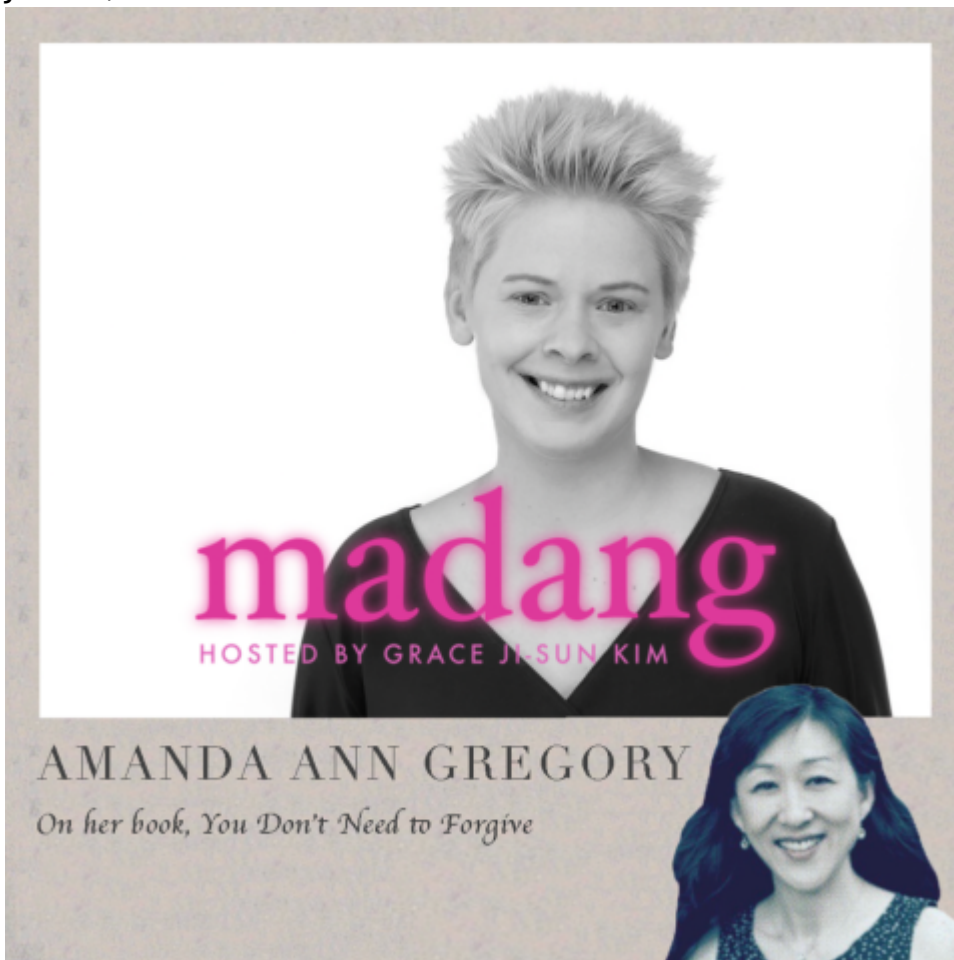


Episode 49: Psychotherapist Amanda Ann Gregory, author of *You Don't Need to Forgive*

A conversation with Amanda Ann Gregory about trauma, forgiveness, gender justice, and more

June 4, 2025



Welcome to Madang.

Madang is the outdoor living room of the world. Here, we invite you to sit and tune into unreserved, remarkable conversations with renowned authors, leaders, public figures, and scholars on religion, culture, and everything in between.

This is the 49th episode, featuring Amanda Ann Gregory, LCPC, who is a trauma psychotherapist renowned for her work in complex trauma recovery. With a keen focus on the specific needs of trauma survivors, Gregory's expertise spans over 20 years in clinical practice. She has been featured in *The New York Times*, *The Guardian*, *National Geographic*, and *Newsweek* and published in *Writer's Digest*, *Psychotherapy Networker*, *CounselingToday*, and *Psychology Today*.

Today, I am thrilled to have Gregory on the Madang podcast to share about her book, [*You Don't Need to Forgive: Trauma Recovery on Your Own Terms*](#) (Broadleaf Books). We discuss forgiveness, trauma, the mind-body connection, racial justice, gender justice, and much more.

I am grateful to [Homebrewed Christianity](#) and [Broadleaf Books](#) for sponsoring this episode. Please join Homebrewed Christianity's online class, [Rediscovering the Spirit: Hand-Raisers, Han, & the Holy Ghost](#). Please read some of the latest books from Broadleaf Books, such as *Liberating Yoga* by yoga teacher Harpinder Kaur Mann, who draws from her own perspective as a Sikh-Punjabi woman who was alienated by the way yoga is practiced in the United States but found her way toward reclaiming the spiritual practice for herself.

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