

Lauren Tobey

Author · Speaker · Trauma-Informed Educator · Creator of The Spiral Framework

Spiraling Into Control

Available now on Amazon

*"It counts. It counts if it was quiet. It counts if there were no bruises.
It counts if it shaped how you move through the world."*

THE STORY

Lauren spent a decade disappearing inside a marriage that never became overtly violent — just a thousand small adaptations that erased her voice, preferences, and identity. She left expecting freedom. She found blankness.

She rebuilt inside a nonprofit career — serving as Chief Impact Officer, breaking records for seven years. Then, on the day of her annual gala, she was told she was being laid off. She hosted the event anyway. She broke records. She went home and fell apart.

Sitting in the ashes of a second identity collapse, she saw the pattern as architecture — not failure. That recognition became The Spiral Framework.

A pastor once told her it didn't count because it was never physical. She spent years trying to qualify her own experience. Her life's work is making sure other women don't.

THE SPIRAL FRAMEWORK

An original model explaining why recovery is cyclical, not linear — and why returning to familiar pain is not regression. It is recognition.

Ashes — Shutdown & identity erosion — protection through disappearance

Ember — Awareness begins — insight without capacity yet

Flame — Action & identity reclaiming — movement from clarity

Rise — Integration & authored identity — not an endpoint, a capacity

WHAT LAUREN CHALLENGES

- The trauma myth — that experiences must be severe to count
- Linear healing models — that recovery is a straight line to arrival
- Wellness bypassing — that mindset overrides nervous system physiology
- The repair model — that people are broken and need fixing

PLATFORM & REACH

45,000+ TikTok followers

3,500+ Email subscribers — 30–40% open rate

Weekly The Spiral podcast

Active The Spiral App — proprietary tool

CONVERSATION ANGLES

Why "Nothing Bad Happened" Is the Most Dangerous Sentence

Trauma, identity, nervous system — broad appeal

The Hidden Cost of Being the Strong One

High-functioning survival, burnout — women's audiences

Why Going Backward Is Actually How Healing Works

The Spiral Framework, recovery — personal growth

The Relationship That Doesn't Leave a Mark

Coercive control, identity erosion — relationship audiences

What Your Best Employees Aren't Telling You

Workplace survival patterns — HR & leadership

What Our Kids Learn When We Perform Fine

Cycles, motherhood — parenting audiences

AVAILABLE FOR

- Podcast interviews (any length)
- TV & video segments
- Print & online interviews
- Panel & roundtable discussions
- Expert commentary & quotes
- Book club & reader events

CREDENTIALS

Author — *Spiraling Into Control* (2026)

Creator of The Spiral Framework

Former Chief Impact Officer — nonprofit executive

CPD-Certified Trauma-Informed Coach (IPHM Accredited)

Accredited NLP Master Practitioner

M.A., University of Denver — Morgridge College of Education

Graduate study: human development, identity formation,
organizational change & equity; social work coursework

B.S. in Psychology

WHAT TO KNOW BEFORE BOOKING

- Responds to all inquiries personally within 48 hours
- Prepares thoroughly — adapts to show tone without losing voice
- Delivers complex ideas clearly in short or long formats
- Does not speak in wellness platitudes — everything is traceable
- Available in-person (DFW area) or remote