

INTRODUCTION

BRITTANY PIPER

Brittany Piper is an internationally renowned speaker, author, Somatic Experiencing® Practitioner, and leading expert in sexual violence prevention and trauma-informed care. Over the past 13 years, she has delivered more than 600 programs across three continents, equipping tens of thousands with education, inspiration, and healing. Her work has been recognized by the U.S. Army, the Department of Justice, the Laura Bush Institute for Women's Health, Cosmopolitan, Newsweek, and more.

As a rape survivor, Brittany has transformed her own story of pain into a global mission—offering both expertise and empathy. She is a forensic neurobiology expert, providing trauma-informed trainings with the U.S. Army and Sex Crimes Detectives. She is also the founder of the internationally acclaimed Body-First Healing Program, which helps survivors and communities worldwide reclaim safety, connection, and wholeness.

Whether in a rape crisis center in South Africa, a rural village in India, or a university campus or boardroom in the United States—Brittany has stood alongside the silenced and suffering of the world. All cut from different cloth but fighting for the same thing: to be seen, heard, and loved wholeheartedly. Her powerful journey is one of resilience, vulnerability, and above all, hope.

Please welcome Brittany Piper!

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