# Therapy Chat podcast

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/therapy-chat-podcast/

Hosted by licensed clinical social worker Laura Reagan, this podcast delves deeply into trauma, attachment, relationships, and self-awareness.

Therapy Chat offers an insightful journey through the human psyche, filled with practical advice and thought-provoking discussions. The podcast features a diverse range of guests, including therapists, authors, and researchers, with each episode designed to leave listeners feeling enriched and informed.

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