



Dr. Alan Heide, PsyD, LMFT

Therapist, Author, Public Speaker

Dr. Alan Heide, PsyD, LMFT, is a renowned expert in generational trauma and the founder of Breaking The Cycle Therapy. With over 15 years of clinical experience, Dr. Heide has dedicated his career to helping individuals and families dismantle the "invisible scripts" of inherited addiction. He is the author of the definitive guide, *Breaking The Cycle: Understanding Generational Alcoholism*, and the host of the globally recognized podcast, *Breaking The Cycle Radio*.

SIGNATURE TOPICS

- ✓ The Invisible Boardroom: How Generational Patterns Impact Employee Retention and Performance
- ✓ Beyond the Bottle: A Systems-Based Approach to Treating Generational Alcoholism
- ✓ Breaking the Cycle: Empowering the Next Generation to Rewrite Their Story

LET'S WORK TOGETHER!

Please feel free to contact me for bookings or questions.

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🌐 <https://breakingthecycletherapy.com/>

