



The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture

Gabor Maté, MD

Physician, trauma and addiction expert, bestselling author of four books, and acclaimed speaker.

Nancy Burgoyne, Ph.D.

Chief Clinical Officer at The Family Institute at Northwestern University.

IN-PERSON EVENT!

Thursday, September 22, 2022, 7:00 PM CT

**New Trier High School, Northfield Campus, Cornog Auditorium
7 Happ Rd., Northfield, IL 60093**

No registration or proof of vaccination is required. Masks are recommended but not required.

Presented by **Family Action Network (FAN)**, in partnership with

Baker Demonstration School, Barrington D220, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Michigan Association of Independent Schools, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Winnetka D36, Wintrust Financial, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.

This event is #freeandopentothepublic and will be recorded but not livestreamed. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: GABOR MATÉ, MD – IN-PERSON EVENT

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Thursday, September 22, 2022, 7:00 PM, The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture, New Trier Township High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. Interviewer: Nancy Burgoyne, Ph.D. NOTE: No registration or proof of vaccination is required. Masks are recommended but not required.

In his revolutionary new book, *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture*, renowned physician **Gabor Maté, MD** eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health?

Over four decades of clinical experience, Dr. Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Dr. Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing.

Dr. Maté, the bestselling author of four books published in over thirty languages, is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. He will be in conversation with **Nancy Burgoyne, Ph.D.**, chief clinical officer at The Family Institute at Northwestern University. Dr. Burgoyne previously appeared for FAN in January 2022 with her colleague Maru Torres-Gregory, Ph.D. on the topic of mental health throughout the pandemic.

This event suitable for youth 12+. It will be recorded **but not livestreamed** and will be available on our website and YouTube channel.

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