

# K'ai Roberts Fu

## 12 Mis-Steps:

### How Twelve-Step Programs Trip Up Trauma Survivors

Twelve-Step meetings are typically seen as a force for good, with no serious drawbacks except predictably terrible coffee.

Drawing on her personal experience as a trauma survivor who spent over a decade attending meetings, sociologist, speaker, and author K'ai Roberts Fu challenges this view.

With an approach that is dynamic, thought-provoking, and surprisingly humorous, K'ai shares her insider's perspective to reveal how 12-Step programs such as AA, EA, and Al-Anon may ultimately do more harm than good, especially for trauma survivors.



” It is really important for psychotherapists and other mental health professionals to get this message. There's no way we can help our people if we don't understand the ramifications of the messaging of 12-Step Programs, which is completely antithetical to trauma recovery. - Dr. Maria Elena Lara, Clinical Psychologist

” I got the opportunity to hear K'ai speak and was absolutely blown away by the knowledge that she dropped.

- Laura Doehle, Business Consultant

” This is a subject that is not talked about enough. I'm indebted to K'ai for articulating this the way she has. There are things here that both mental health professionals and trauma survivors can pay attention to and find better paths for healing. - Dr. JD Wyneken, Podcast Host and Certified Human Potential Coach

## About K'ai

K'ai Roberts Fu is a Phi Beta Kappa graduate of Washington University in St. Louis. She completed the acclaimed Heroic Public Speaking's Performance Mastery Program; and is a member Mensa. A retired Argentine Tango professional, K'ai now directs her considerable energy to educating psychotherapy professionals and the public on the potential pitfalls of 12-Step programs for trauma survivors.

## More than a Keynote

### Enhance your experience before and after K'ai's talk with your choices of:

- Pre-event promo video by K'ai, personalized to your group
- Fireside-chat style Q&A on site
- Experiential breakout session: Leading and Following Tango as metaphors for agency (no dance floor, tango experience, or fancy shoes required)
- Post-event Zoom for additional follow-up questions

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