



CONVERSATIONS WITH A RATTLESNAKE

Raw and honest reflections on
healing and trauma

By Theo Fleury and Kim Barthel

FOLLOWING THE RELEASE OF HIS MIND-BLOWING first book *Playing with Fire*, Theo Fleury joins forces with world-renowned therapist Kim Barthel in a new book *Conversations with a Rattlesnake*, coming out November 2014. The book is a raw and honest conversation loaded with personal insights and cutting-edge information about healing from trauma and abuse.

Fleury calls Barthel the “Wayne Gretzky of therapy,” and within their emotionally safe relationship he bares his soul so that others can learn from his mistakes, triumphs, and new learnings. Fleury’s story will inspire not only those overcoming their own trauma but friends, parents, teachers, coaches, therapists, and health practitioners—anyone who is in the critical position of supporting someone who needs to share their own story.

Co-author Kim Barthel provides an in-depth explanation of early childhood attachment and addiction that ties into the reasoning behind our behaviours and the science of how our brains work. Barthel explains how understanding groundbreaking scientific and psychological research can eliminate the unnecessary and damaging shame that so often accompanies abuse and trauma. Her dialogue with Fleury illuminates self-awareness, mindfulness, and the power of relationships. Fleury’s life experiences and Barthel’s informed interpretation combine to provide a unique look at the healing process that is easy to read, entertaining, and transformational.

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Authors

THEO FLEURY'S PASSION FOR UNDERSTANDING relationship trauma and healing is as outstanding as was his passion and talent when he put on a pair of skates. Stanley Cup, Olympics, World Juniors—at every level he did everything in his power to help great teams be even better. This desire to help is very much the biggest part of his life today, only the focus is now decidedly off the ice. In 2009 his best-selling novel *Playing with Fire* exposed the world to the shock of his childhood trauma and the emotional pain that surrounded his every move. Now Theo's mission has evolved. He aims to understand himself, and to translate and share his healing experiences in a way that everyone can understand. As a dynamic motivational speaker, Theo is brutally honest, vulnerable, and engaging. Although he's recently won many awards for his contributions to improving the mental health of Canadians, this work is just beginning. Theo will tell you it really is okay to be having these conversations and that as human beings, we're all on the same team.

KIM BARTHEL IS A ONE-OF-A-KIND, highly sought-after speaker and therapist, and solver of unique mental health mysteries. She actively teaches around the world in the fields of relational trauma, attachment theory, and sensory processing. As an occupational therapist, she blends her own brand of intuitive inquiry with cutting edge developments in neuroscience to help people develop awareness, compassion, and healthy relationships. In Winnipeg, Kim pioneered the first private pediatric multidisciplinary therapy clinic in Western Canada. She's worked in the trenches with high-risk youth, developed mental health services for children in Canada's Arctic, and provided trauma fieldwork training in Eastern Europe, New Orleans, and the Middle East. For Kim, this collaboration with Theo is not a traditional therapist/client relationship; it's encouraging a level of healthy conversation before unheard of in her career.



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Fleury's Past Coverage

RADIO

- Been on biggest radio shows and countless smaller ones across North America
- Featured on Sportsnet Radio and CBC Radio

PRINT

- Been covered by all major newspapers in Canada for several years
- Featured in *The Globe & Mail*

TV

- Seen by millions on US TV following the Jerry Sandusky fiasco
- Interviewed twice on CBC's *The Hour*
- Several visits on SportsNet and CTV National News
- Featured in 2011 TV documentary *Playing with Fire* shown on HBO, Movie Central and Encore
- Co-hosted the 2012 Indspire Awards
- Performed at the 2014 Indspire Awards

Events

Best-selling author, singer / songwriter and former NHL star Theo Fleury is highly in demand at speaking events across Canada. World-renowned therapist Barthel is also highly sought after as an international teacher and speaker. Together they've penned *Conversations With a Rattlesnake*, which combines the first-hand experiences of abuse and addiction faced by Fleury with the therapeutic insights of Barthel. They've also facilitated several forums on healing across the country, and are very excited to be co-hosting an internet radio show coming up in the fall. They're also launching an app "CWAR" so they can stay more directly connected with others interested in healing and collective support.

Past

- Two full days of media organized (Toronto, Nov 6-7, 2014)
- Two full days of book signings at Chapters/Indigo and Costco stores in Toronto (November 8-9, 2014)
- Vancouver media tour and book signings (Nov 10, 2014)
- New York media tour and book signings (Nov 12, 2014)
- Speaking at the Toronto International Book Fair (Nov 13-16, 2014)
- Book tours in Alberta, Saskatchewan and Manitoba (Nov 16-29, 2014)
- Book tours in Southern Ontario and Quebec (Dec 4-14, 2014)
- Regular support for The Sexual Assault Centre for Quinte & District (SAC), the Aulneau Renewal Centre in Winnipeg, New Path Foundation in Barrie, Footholds Therapy Centre for Children in Nanaimo and Little Warriors in Edmonton
- Theo and Kim are also involved in a new not-for-profit foundation, the Breaking Free Foundation (BFF), whose mission is to provide trauma survivors with the treatment and support needed to reclaim their lives. One of the events organized by this foundation is the Victor Walk, which is a grass roots way to raise further awareness and get people talking about childhood trauma.

WORK WITH THEO & KIM

SPEAKING EVENTS

BOOK SIGNINGS

BOOKSTORE EVENTS

TV / RADIO / MAGAZINE INTERVIEWS

GUEST BLOGGING

ARTICLE / COLUMN WRITING

NON-PROFIT PROJECTS

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