

# ➤➤ AUTHOR BIO: Brenda Schaeffer D.Min, M.A.L.P., C.A.S.



**BRENDA SCHAEFFER**  
D.Min, M.A.L.P., C.A.S.

With over 500,000 of her publications in print and in five languages—English, Spanish, German, Portuguese, and Chinese—**Brenda Schaeffer, D.Min., M.A.L.P., C.A.S.**, has already helped thousands of people understand the difference between love and love addiction and to create and foster healthy relationships. Drawing from years of personal, professional, and spiritual questioning, she offers expert advice, and fresh new perspectives as she compassionately addresses age-old questions about love and sex.

It is her work with teens that serve as the impetus for her most current release, ***Love or Addiction? The Power & Peril of Teen Sex & Romance.***

“To my dismay, the youngest client I referred for inpatient treatment for sexual addiction was fifteen years of age,” Schaeffer writes, “And, in listening to the stories of romantically and sexually troubled adult clients, I realized that not one of them knew what healthy love and sexuality were. For more, the confusion started with ill-defined information or experience in their teens or early twenties.”

Speaking nationally and internationally on the subject, Schaeffer has found that people everywhere are fervent in their search to learn more about how to make love relationships work. She offers a diverse range of topics in her speaking repertoire and unites Western psychology and various world philosophies into her work.

Schaeffer is a licensed psychologist, a certified addiction specialist, and holds a doctorate in Spiritual Psychology. She has extensive training and experience in a number of psychologies, including (but not limited to) child development, sexual addiction, and trauma. She has further training in hypnosis, trauma, developmental psychology, transactional analysis, gestalt, sexual addiction, soul-centered, existential and transpersonal psychology.

Dr. Schaeffer has appeared on a variety of national television and radio shows in the U.S. and Canada. She has been featured in magazines such as *Elle*, *Fitness*, and *Lotus*. She is author of *Love’s Way: The Union of Body, Ego, Soul and Spirit*; the bestseller, *Is It Love or Is It Addiction?*; *Loving Me Loving You*;; *Signs of Healthy Love*; *Signs of Addictive Love*; *Power Plays*, and *Helping Yourself Out of Love Addiction*. She is also the former host of the talk radio show “It’s All About Love.”

She is the founder of Healthy Relationships, her private practice in the Minneapolis area where she conducts therapy, training and workshops. For more information about Dr. Schaeffer, visit her website at [www.loveandaddiction.com](http://www.loveandaddiction.com) or [www.brendaschaeffer.com](http://www.brendaschaeffer.com).

Contact information: Please contact Heidi at [media@itsallaboutlove.com](mailto:media@itsallaboutlove.com) or call 952.944.4046