

Katherine Spearing

Author | Podcaster | Coach | Executive


While Katherine's expertise lies in the realm of Spiritual Abuse and Religious Trauma, she is adaptable to a variety of audiences and a wide range of topics, including the arts, trauma recovery, the unpartnered (single) life, cult recovery, and domestic abuse.




Popular Episodes


- Power and Control in Spiritual Abuse [S3:E2](#)
- The Dynamics of Abuse [S3: E17](#)
- Abuse in Churches [S1:E13](#)
- When Bad People Do Good Things [S2:E23](#)

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Katherine is the founder of Tears of Eden, a nonprofit supporting survivors of Spiritual Abuse, and the host of Tears' affiliate podcast Uncertain. She also hosts the podcast Trauma & Pop Culture and is a Certified Trauma Recovery Coach. She is the author of a historical romantic comedy, *Hartfords*, a novel that challenges gender roles in a patriarchal society that will appeal to fans of Jane Austen. She has been a guest on a number of podcasts, the guest speaker at multiple events, and is the author of several nonfiction articles.

Common Topics

- What is Spiritual Abuse?
- What is Religious Trauma?
- The Christian Patriarchy Movement or Stay-At-Home-Daughter Movement
- How developmental trauma impacts our relationship with religion
- Purity Culture
- Surviving and thriving after a cult or high-control environment
- The impact of art on the healing process
- Dynamics of Patriarchy
- How Patriarchy has impacted theology in Evangelicalism
- The thriving, unpartnered (single) life

Publications and Features

