

Queer Self Help Book Release by Manhattan Psychologist Dr Jason Durant

NEW YORK, NEW YORK, UNITED STATES, May 24, 2024 /EINPresswire.com/ -- Respected Manhattan gay psychologist and author, Dr. Jason Durant, unveils his groundbreaking book, "Boy From The North Country: A Queer Therapist Looks Back on Healing Trauma With [Mindfulness](#)." Drawing from his extensive training in the field, clinical experience and personal journey, Dr. Durant delivers an insightful exploration of trauma, resilience, and the path to healing.

In "Boy From the North Country," Dr. Durant delves into the complexities of his own trauma as well as traumatic childhood events in general, shining a light on its impact on individuals with a particular focus on the [LGBTQ+](#) community. With sensitivity and expertise, he navigates the intricate intersections of identity, trauma, and recovery, offering invaluable insights and strategies for both professionals and individuals alike.

A core principle of the book — that one must ultimately take ownership and thus responsibility for the healing of one's trauma — is described with sensitivity and optimism as Dr. Durant suggests that this is actually good news. In a caring way, the psychologist challenges the notion

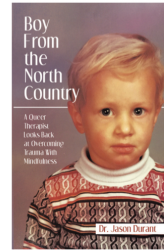
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in ever-repeating cycles of deepening pain. Instead, Dr. Durant challenges each of us to accept that it is now up to us to find our own path to healing.”

Dr Jason Durant

that we must identify ourselves as victims of trauma which he suggests only holds us back; trapping us in ever-repeating cycles of deepening pain. Instead, Dr. Durant challenges each of us to accept that whatever consequences we experience as a result of our trauma, it is now up to us to find our own path to healing. In this book, he describes his process of growth through the lens of his work and training as a clinical psychologist!

As a gay psychologist hailing from Northern New York, Dr.



Boy From the North Country

A Queer Therapist Looks Back at Overcoming Trauma with Mindfulness

In this powerful self-help memoir, Dr. Durant takes us from the winding backroads of Northern New York while describing white-knuckle tales of parental volatility. Told with the energy and suspense of a car chase, the book careens from stories of childhood innocence in Upstate New York, to the late-night parties in gay San Francisco in an attempt to tell us how one man finds himself navigating back from the isolation imposed by trauma.

It is a story of survival. Part Beautiful Thing, part A Place at the Table, Boy From the North Country is written by a clinical psychologist who learned how to survive as a gay kid in rural America...the hard way. Combining insights from his studies of trauma as a psychologist, his own meditation on the trials of his life, and from the personal narratives told to him by his patients at his Manhattan practice, Dr. Durant's story provides both a cautionary tale on what happens when we abandon the needs of our gay kids, and offers a bit of hope for those struggling to survive.

Concurrent with the memoir component of Boy From the North Country is thoughtful commentary by an experienced psychologist. Making sense of his story and sharing his expertise and wisdom regarding his own healing, Dr. Durant describes a teleological process of human growth enhanced by mindfulness. The author makes a compelling case for the ancient practice as an ancillary psychotherapeutic modality in any trauma treatment.

About the Author:

Dr. Jason Durant is a gay man, psychologist, and author living in Manhattan and Hillsdale, NY. Dr. Durant's life experience growing up as a gay kid on a farm in rural New York State provided fodder for both laughter and tears. His progression through life and his work as a psychotherapist offer him a unique perspective on life as gay man learning to live with the trauma of growing up as an isolated queer kid.

His adventures in San Francisco's bohemian enclaves of the Castro, the Mission District and in the hills of Northern California's golden triangle bend the narrative of the traditional healing story into a winding tale built on learning self acceptance through self exploration, music, and even psychedelics. Taken together, this unique and inspiring story was lived by only one person, just as all lives are and this is why he is the man best situated to tell this story.

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Dr Durant Book Release Face Sheet

Durant brings a unique perspective to the conversation, weaving personal anecdotes with evidence-based practices to create a comprehensive guide for navigating the journey from trauma to resilience. His compassionate approach and commitment to inclusivity make "Boy From the North Country" a must-read for anyone seeking to understand and overcome the effects of trauma and healing. "Some form of trauma may befall us all...but we are not condemned by it. We have the power to own it, to discover our own healing journeys, and to live a life of joy!" says Dr. Jason Durant. "My hope is that 'Boy From the North Country' will serve as both a challenge to take ownership of our pain and as an inspiration to empower others on their journey toward healing."

"Boy From The North Country: A Queer Therapist Looks Back on Healing Trauma With Mindfulness" will be available for purchase online and at select retailers on June 15th, 2024 just in time for Pride Month!

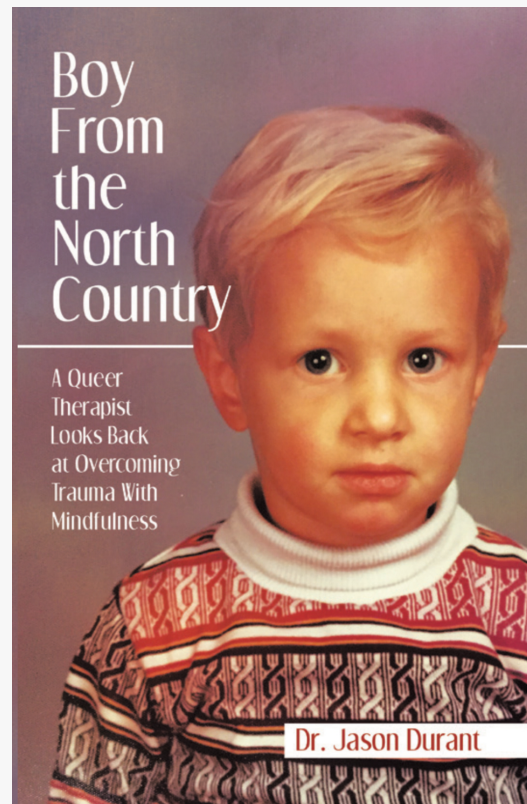
For more information about the book and Dr. Jason Durant, please visit www.drjasondurant.com. Social media: Facebook and Instagram: @drjasondurant

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Dr. Durant Press Photo



Boy From The North Country Book Cover

[Note to editor: Please feel free to reach out for author interviews, review copies, or additional

information.]

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