

# From Digital Toxicity to Healing: Xraised Hosts Dr. James "Jamie" Huysman of STAR Network

FORT LAUDERDALE, FL, UNITED STATES, January 16, 2025 /EINPresswire.com/ -- Xraised, the premier platform for transformative conversations, proudly hosted an insightful interview with Dr. James "Jamie" Huysman, Executive Director of [STAR Network™](#).

This compelling episode, titled "From Digital Toxicity to Healing: STAR Network's Mission to Empower Survivors," explores the impact of digital toxicity on mental health and STAR Network's groundbreaking solutions for STARS – Survivors of Toxic Abusive Relationships (TAR).

Addressing a Growing Crisis: Digital Narcissism and Its Impact



Star Network

The episode opened with a pressing question: "Is social media making us narcissistic?"

Dr. Huysman, a trauma-certified psychologist and licensed clinical social worker, illuminated how digital platforms often inadvertently promote toxic behaviors, fostering unhealthy relational dynamics and exacerbating mental health struggles.

He emphasized the urgent need for tools and support systems that help individuals navigate the challenges posed by digital overexposure.

Empowering Survivors: The STAR Network's Mission

As a 501(c)(3) charity foundation, STAR Network is at the forefront of supporting Survivors of Toxic Abusive Relationships.

Under Dr. Huysman's leadership, the organization's initiatives, including [TAR Anon support](#)

[groups and free virtual programs](#), have become invaluable resources for individuals seeking healing and empowerment.

Dr Jamie Huysman brought additional depth to the conversation, highlighting the network's innovative use of technology to create safe, supportive digital ecosystems.

Dr. Jamie showcased STAR's dedication to building resilience and fostering transformative healing through TAR Anon - the first virtual trauma network fellowship.

### Transformative Support Through Technology

Dr. Jamie Huysman elaborated on STAR's holistic approach to healing, which leverages technology to make mental health resources more accessible.

Programs like TAR Anon and other virtual support initiatives have changed the lives of countless survivors.

By addressing the intersections of trauma, digital toxicity, and mental health, STAR Network is paving the way for a brighter future for those impacted by abuse.

### A Vision for Global Impact

Looking ahead, STAR Network's ambitious vision includes becoming the world's leading trauma support network within the next five years.

Designed for individual and family healing, STAR's global initiatives aim to provide free, accessible support systems to ensure no one is left behind.

As Dr. Huysman explained, the organization's mission is to transform lives and reduce relapse rates by fostering a supportive, inclusive community.

By working alongside other support networks worldwide, STAR seeks to maximize its impact and reach.

### Join the Movement

Xraised invites viewers to support STAR Network's mission by participating in its programs, spreading awareness, or contributing to its transformative work.

Learn more about STAR Network's (<https://bit.ly/3PCwTCb>) initiatives and how you can get involved.

Don't miss this inspiring conversation that redefines mental health advocacy and sheds light on

innovative solutions for digital toxicity. Watch now: [Xraised – From Digital Toxicity to Healing](#).

## About Xraised

Xraised (<https://xraised.com/>) is a cutting-edge platform dedicated to fostering meaningful conversations that inspire change.

Through interviews with thought leaders and changemakers, Xraised tackles pressing societal issues and highlights innovative solutions for a better tomorrow.

Gianmarco Giordaniello

Xraised

[email us here](#)

Visit us on social media:

[X](#)

[LinkedIn](#)

[Instagram](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/777519503>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.