

Background

[Karen Barak](#) is a Catalyst Life Coach, Visionary Artist, Recovery Specialist, Group Facilitator and Public Speaker. She believes that creativity and music are the bridges that connect us all and can heal us.

Karen's mission is to **UNCOVER, DISCOVER AND RECOVER.**

Karen is the creator of "Cultivate and Create™", a collaborative lyric writing process and mathematical music composition method for the purposes of healing. She also created a collaborative coactive coaching process called "Reflections™ Collaborative Art" which is a coaching process that culminates in a legacy piece of custom art. Her art has been displayed at art organizations such as "Artserve" in Fort Lauderdale, Florida.



As the daughter and granddaughter of Holocaust survivors, she undertook the study of epigenetics and Transgenerational Trauma Transmission. In addition to generational trauma, Karen is a **survivor** of childhood trauma, sexual abuse and incest. Karen studied Family Dysfunction and Addiction and gained extensive knowledge of the etiology, effects and tools of recovery for Post Traumatic Stress Disorder and Complex Post Traumatic Stress.

Karen is a Group Facilitator, as well as a Recovery Specialist. Karen holds a B.A in Telecommunications & Theatre from Kent State University and graduated Cum Laude. She is a Graduate of Coactive Training Institute, and a Certified Residence Recovery Administrator, with special interest in the healing modality of NARM – Neuro Affective Relational Model.

Karen is a master motivator with a remarkable ability to build rapport instantaneously. She has been a lifelong learner committed to studying, reading, practicing and imparting ways to overcome adversity and trauma. She uses her artistry to transform the legacy of loss and teaches this to others through group facilitation, personal coaching, workshops and public speaking. Her memoir, "ALLOW: *The Gift of Trauma*", will be published later this year.

Karen was the winner of the Young People's Concerto competition of Ohio at the age of 14 and at 16, won the Golda Meir competition in Israel. At 21, she had a hit song that became one of the defining anthems of the 80's in Israel. Since 1989, Karen has since performed the national anthems of both the United States and Israel for countless organizations, dignitaries, ambassadors, ministers, consul generals and mayors. Additionally, Ms. Barak has created unique performance works for prestigious events, such as the Chicago Rally Against Genocide in Darfur, WNPR, Holocaust Memorials and Memorials for Fallen Soldiers as well as Peace Rallies. Karen performed in theater, television, and radio as well as on intimate stages bringing her exciting one-woman shows to life.

She is recognized both nationally and internationally as a lyricist and composer. In April 2016, Karen's original music premiered in the Jerusalem Theater in "[Aubergine – Love, Madness, Blood and Tears.](#)" As a result, Barak made the cover of "Ha'aretz" Newspaper. More recently, she was featured in [Scene Magazine](#) and commissioned to compose original music for the 2017 Chicago Climate Change Conference. In 2019, two of Karen's original songs were performed at Young Circle Mainstage in Hollywood, Florida for the Annual Day of Remembrance for those lost to addiction.

Karen is a survivor of breast cancer and her son is her pride and joy.

TOPICS FOR PUBLIC SPEAKING ENGAGEMENTS:

All public speaking events are entitled “ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...” but the specifics can be adjusted according to topic.

Live Performance can be added depending on need or interest.

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

My Life As A Second And Third Generation Holocaust Survivor

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Breast Cancer – “Take Them Both”

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Using Creativity to Overcome – Reflections Collaborative Musical Art ™

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Using Creativity to Overcome – Cultivate and Create ™ - Music

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

The Dynamics of Family Dysfunction

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Divorce and Parental Alienation

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Overcoming Sexual Abuse and living in the now!

ON TABOOS – WHAT YOU DON’T TALK ABOUT WILL KILL YOU...

Understanding Incest and overcoming it