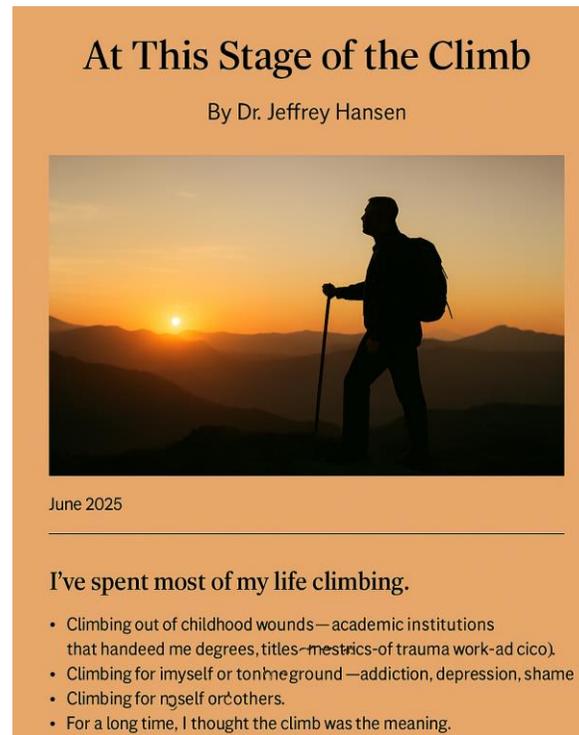


# At This Stage of the Climb

Jeffrey E. Hansen, Ph.D.



---

## The Long Ascent

I've spent most of my life climbing. Climbing out of childhood wounds that left invisible scars. Climbing through academic institutions that conferred upon me degrees, titles, and licenses—tools of the trade, but not the whole truth. I climbed into the trenches of human suffering: trauma, addiction, depression, shame. Sometimes I climbed for my own survival. Other times I climbed for others, reaching down to help them find footing. Always, I was climbing toward something—some deeper sense of meaning or purpose.

For many years, I thought the climb itself was the destination. The exertion, the achievement, the resilience—that was the point. But clarity comes with altitude. And the higher I've gone, the more I see.

---

## What's True

I've fought hard—but not from pride. From conviction.

I've stood beside children and veterans who were misunderstood, mislabeled, and overmedicated. I've challenged ideologies that crept into the heart of psychology, distorting it into something



## **At This Stage of the Climb** – Jeffrey E. Hansen, Ph.D.

mechanistic, cold, and captured by politics. I've spoken against systems that value compliance over compassion, conformity over courage, and convenience over truth.

In that resistance, I've built something: a clinical model, a body of work, a path. I've taken what neuroscience and trauma theory offer at their best—polyvagal theory, neurocardiology, Internal Family Systems—and infused it with the spiritual clarity that has guided me my entire life.

I've done this through grief, too. The loss of my twin brother opened a wound that will never fully close—but it also opened a deeper well of empathy, a sharpened awareness of how much we all carry.

I'm tired—but it's not burnout. It's clarity. A knowing that comes not from fatigue but from refined focus.

---

## **What the Body Knows**

The nervous system doesn't lie.

It speaks in signals, in whispers, in gut instincts and tight chests and sleepless nights. Long before a patient says, "I'm fine," their body tells the truth. That's what trauma teaches—and what healing makes possible.

We are not machines. We are not a list of diagnostic codes. We are stories in motion. We are patterns, longings, and fragments trying to become whole. We are both broken and beloved.

That understanding led me to create the **NeuroFaith™** model—not as a trendy therapy tool, but as the distilled integration of everything I've come to believe: cutting-edge neuroscience aligned with timeless spiritual wisdom. A map back to wholeness.

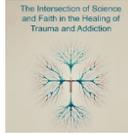
---

## **A New Season**

I'm not stepping away from the field. I'm not fading into retirement. But I am stepping into a different season.

Less noise. More presence.  
Less hustle. More clarity.

I no longer feel the need to climb at the same pace. Instead, I feel a call to pause at this ledge, look around, and prepare others for their ascent.



## **At This Stage of the Climb**

– Jeffrey E. Hansen, Ph.D.

I want to mentor clinicians who haven't lost their sense of calling—those who still believe in truth and grace. I want to write books that pierce through the static and offer something real, something eternal. I want to restore a sense of dignity and sacredness to a field that has drifted far from both.

---

### **The Torch and the Trail**

I don't need a spotlight. I don't need applause. But I do want to pass the torch—while there's still fire in my hand.

So if you find yourself somewhere on the climb, here's what I've learned along the way:

- The goal is not applause.
- It's not a title.
- It's not even success.

### **The goal is wholeness**

And from that place of wholeness—healing flows. Clarity flows. Discernment, peace, and strength to carry others flows.

I'm not finished. But I'm walking differently now. Listening more. Speaking less. Trusting that a quieter kind of courage is needed in this chapter.