



Meet DR. AIMIE

Dr. Aimie Apigian
MD, MS, MPH



Dr. Aimie Apigian, MD MS MPH is the leading medical expert on how life experiences get stored in the body and restoring the body to its best state of health through her signature model and methodology: The Biology of Trauma®. This is a new manual for the human body to prevent trauma and accelerate the healing journey.

As a double board-certified medical physician in Preventive Medicine and Addiction Medicine, she has a Masters in Biochemistry and a Masters in Public Health. In addition to her medical training, she is also a Functional Medicine physician. Dr. Aimie also specializes in neuro-autoimmunity, nutrition and genetics for addictions, mental health, and mood and behavioral disorders.

She has a number of certifications in various trauma therapies including Instinctual Trauma Response Model™ (an art trauma therapy), certification in Somatic Experiencing™ (developed by Dr. Peter Levine), and NeuroAffective Touch™ (Dr. Aline LaPierre). She also regularly works with more professionals within the space, and interviews them to share their wealth of knowledge with her followers.

Dr. Aimie's personal life experiences lead her into trauma therapy training, first for her adopted son, and then for herself. Dr. Aimie is the founder and CEO of Trauma Healing Accelerated®, offering her online course where anyone can start their path to healing. The "Foundational Journey," is an experiential journey into the nervous system open to all as well as her 6-module certificate course teaching the protocols of addressing The Biology of Trauma® on the different systems of the body for individuals in all walks of life.

Her message is hitting home with health and trauma practitioners as well as the general public. They often tell her this is the missing piece that resonates and gives them the transformation they've needed. Be sure to follow her on Youtube to listen to her Podcast to get practical knowledge for your trauma healing journey!