

Learn to Recover from Sexual Trauma and Abuse



Tracey J. Shors, Ph.D.
Distinguished Professor, Behavioral and Systems Neuroscience

CURRENT RESEARCH

Combining mental and physical training decreases depression and anxiety while increasing brain health and cognitive function

Every two minutes, someone in the US is sexually assaulted [1], 30% of women worldwide experience some kind of physical or sexual violence [2], and girls ages 16–19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault [3]. Moreover, individuals with mental illness, especially in the homeless population, are more susceptible to sexual aggression and violence [4]. Dr. Tracey Shors, Distinguished Professor of Behavioral and Systems Neuroscience at Rutgers University, researches how sexual trauma affects the female brain and hopes to help women recover from sexual trauma and abuse by designing unique interventions. Whereas current interventions focus on either enhancing brain health or encouraging aerobic exercise, Dr. Shors' program targets both mental and physical training, which is proving to be more effective in increasing mental and physical health in women who have suffered sexual or other types of trauma in their lives.

Dr. Shors' intervention is based on rigorous neuroscience experiments done in her lab over the past decade or two. The intervention is known as MAP (Mental and Physical) Training. Collaborating with exercise scientist Dr. Brandon Alderman and Zen monks, Dr. Shors and her team are currently working with depressed students -- most of whom are women -- on campus and young mothers...

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AFFILIATION



Rutgers University

EDUCATION

- Doctorate in Behavioral Neuroscience with postdoctoral training in neurophysiology 1991, University of Southern California (USC)

AWARDS

- *Women in Learning (WIL)*, 2011
- Keynote Address for Eastern Psychological Association Annual Meeting, 2015
- Distinguished Investigator Award, 2014
- President, Pavlovian Society, 2001
- "Pavlovian Investigator Award", 1998

RESEARCH AREAS

Psychology, Life Science, Cardiovascular, Neurological / Cognitive

FUNDING REQUEST

Your contributions will support the continued research of Dr. Tracey Shors of Rutgers University as she develops an intervention that combines mental and physical training to help women recover from sexual trauma. Donations will help fund the \$175K/year required to support personnel, experiments, and equipment that helps measure the efficacy of MAP training. Help deliver practical solutions to women who are suffering from traumatic life events; fund Dr. Shors' research.