



## Speaker Bio

### Larry Ruhl

Larry Ruhl is an artist and author of [Breaking the Ruhs: A Memoir](#) about recovering from childhood sexual abuse and complex trauma. His artwork represents a rising from the ashes sensibility with the intention of illustrating to others how to express rage, sadness, and to find deeper healing through art. His work can be seen on Instagram @larryruhl or through his website [www.larryruhl.com](http://www.larryruhl.com)