

# Christine Bradley, M.D. — Professional Bio

Christine Bradley, M.D. is a trauma-informed therapeutic practitioner, relational guide, and physician dedicated to helping individuals and families break inherited patterns and create healthier, more connected lives.

With a background in medicine and over two decades of personal development and coaching work, Christine integrates trauma-informed approaches, emotional regulation practices, and deep pattern recognition to support meaningful personal and relational transformation.

Her training includes:

- Medical Doctorate — McMaster University, Canada
- Certified Trauma-Informed Therapeutic Practitioner (Clear Beliefs Institute)
- Trauma-Centred Neurocoaching (TCNC)
- Positive Intelligence (PQ) Mental Fitness Practitioner
- Certified Human Design Coach
- Neuro-Somatic School
- CliftonStrengths Empowerment Coaching Certification
- Compassion Key Practitioner
- Certified Health & Wellness Coach (Institute for Integrative Nutrition)
- Yoga Teacher Training — Awakening of Spirit YTT
- Over 10 years of leadership in a natural solutions company

Christine also has a deep interest in integrative systems of self-understanding, including Human Design, Gene Keys, and astrology, which she occasionally incorporates into her broader personal development work.

Known for her intuitive insight and compassionate presence, Christine creates a safe space for clients to explore their patterns, develop greater self-awareness, and cultivate healthier ways of relating to themselves and others.

She lives in Southern Alberta, Canada with her family.

# About Christine Bradley, M.D.

Christine Bradley, M.D. is a trauma-informed coach and relational guide who helps individuals and families understand the emotional patterns that shape their lives and relationships.

At the heart of Christine's work is a deep belief that many people are doing the best they can with the patterns they inherited — yet those patterns often create cycles of conflict, emotional distance, or overwhelm in families. Through compassionate support and practical tools, she helps clients recognize these patterns and begin responding to life and relationships in healthier ways.

Christine brings a unique blend of medical training, trauma-informed coaching, and intuitive insight to her work. She holds a Medical Doctorate from McMaster University and has spent years studying emotional health, personal development, and relational dynamics.

Her training includes certifications in trauma-informed therapeutic practices, trauma-centred neurocoaching, positive intelligence mental fitness, CliftonStrengths empowerment coaching, compassion-based practices, and health and wellness coaching. She is also a trained yoga teacher and spent over a decade in leadership within a natural health and wellness company.

Clients often describe Christine as deeply intuitive. She has a natural ability to recognize patterns quickly, hear what is unspoken, and create a safe space where people feel supported as they explore meaningful personal change.

Christine's personal life has also shaped her deep empathy for families navigating real-life challenges. She raised her two sons as a single mother and spent 6.5 years living abroad in Costa Rica, Guatemala, and the southern United States before returning to Canada.

Today, Christine lives with her family in Southern Alberta, where she continues guiding individuals and families toward greater awareness, emotional resilience, and more connected relationships.