



Writer, advocate, and psychotherapist, David Fredrickson has dedicated his professional life to the psychosocial needs of underserved and marginalized communities including at-risk and traumatized children, adolescents, and families and those affected by HIV/AIDS.

He is the author of *Life on All Fours*, a novel about relationships during the HIV/AIDS pandemic and told from the perspective of a Field Spaniel puppy. His blog, "Daily Bites and Blessings," are essays on the bittersweet moments of life where hearts break and break open.

David is a student and teacher of Mindful Self-Compassion, the powerful practice of turning towards suffering with the balm of self-compassion. In this time of collective and personal upheaval and pain, he is committed to building this compassion capacity to bear witness to ourselves and our experience with courage, honesty and self-kindness.

David grew up in the Midwest where faith, family, and food were the bedrock of his childhood. A long-time resident of San Francisco, David attends GLIDE Memorial Church and sings with its world-renowned GLIDE Ensemble. His family has multiplied into a village and they are often found in his kitchen consuming sweet and savory delights.

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