

# DR. GABOR MATÉ

human development through the lens of science and compassion

## INTRODUCTION

A renowned speaker, and bestselling author, Dr. Gabor Maté (pronunciation: GAH-bor MAH-tay) is highly sought after for his expertise on a range of topics.

Dr. Maté is available for various kinds of media opportunities including video, podcasts, television. He can be interviewed via phone, email, Zoom and in person.

Dr. Maté regularly appears in the media and is generally booked well in advance. We recommend that you contact us at least several months in advance of your proposed interview. Please note that preference is given to those media opportunities that provide the greatest possible audience. Please complete the media request form [here](#). If your request is urgent, please contact: [stephanie@drgabormate.com](mailto:stephanie@drgabormate.com)

## TOPICS

ADDICTION

MIND / BODY HEALTH

PARENTING & CHILDHOOD  
DEVELOPMENT

AD(H)D

## LINKS

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## CONTACT

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## SHORT BIOGRAPHY

Gabor Maté (pronunciation: GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness. The bestselling author of five books published in 40 languages, including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver. His latest book, *The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture* remains a Canadian best seller and was a 19-week New York Times best seller.

To learn more, join his e-news list at [www.drgabormate.com](http://www.drgabormate.com).

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## LONG BIOGRAPHY

(FOR BACKGROUND INFORMATION ONLY – NOT FOR USE PUBLICLY)

Gabor Maté (pronunciation: GAH-bor MAH-tay Gabor Maté M.D., C.M., is a Canadian physician (retired), public speaker and bestselling author of five books, published internationally in 40 languages on five continents. His book on addiction, the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, is used as a text in many institutions of higher learning in Canada and the U.S. His most recent book, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, has been and continues to be a #1 Canadian bestseller and was 19 weeks a *New York Times* bestseller.

After two decades as a family doctor and palliative care director, for twelve years Gabor worked in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver Supervised Injection Site, North America's first such facility. His other interests encompass childhood developmental issues, ADHD, mind/body health, trauma and parenting. He is in constant demand as a speaker internationally and has addressed judicial bodies in Canada, the U.S. and Australia on the links between trauma, addictions, and dysfunctional behaviors. He has worked with many Indigenous communities around these issues.

He has received an Outstanding Alumnus Award from Simon Fraser University and an Honorary Degree (Laws) from the University of Northern British Columbia. For his groundbreaking medical work and writings, he has been given the Order of Canada, and the Civic Merit award from his home city of Vancouver. For his latest book, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture* Gabor won the Vine Award for Canadian Jewish Literature in the Non-Fiction Category.

A film based on his life's work, *The Wisdom of Trauma*, has been viewed by over 10 million people internationally and has been translated into twenty languages. It is shown regularly in many institutions, including schools and prisons, in Canada, the U.S., and abroad. [www.thewisdomoftrauma.com](http://www.thewisdomoftrauma.com). His therapeutic method, *Compassionate Inquiry*, has been, in the past three years, studied by over 3,000 health care providers in 80 countries.

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Gabor is a speaker much in demand internationally on addiction, stress and mind/body health, child development, trauma, ADHD and other topics related to his five best-selling books. He has been featured on some of the most popular podcasts, such as Joe Rogan, Tim Ferris, Jay Shetty, and others.

His next book, co-written with his son Daniel, will be *Hello Again: A Fresh Start for Parents and Their Adult Children*, based on their popular workshop.

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## LIST OF TALKS

**When The Body Says No:** Mind/Body Unity and the Stress-Disease Connection.

**The Hungry Ghost:** A Biopsychosocial Perspective on Addiction, from Heroin to Workaholism.

**Beyond The Medical Model:** A Biopsychosocial View of Attention Deficit Disorder and Other Childhood Developmental Disorders.

**Peer Orientation:** Why Children are Stressed, Why Parents and Teachers are Disempowered and How To Restore a Healthy Balance in Adult-Child Relationships.

**The Biology of Loss:** What Happens When Attachments Are Impaired and How to Foster Resilience.

**Trauma, Illness & Healing in a Toxic Culture:** How Materialistic Society Makes Us Sick.

**Hello Again:** A Fresh Start for Parents and their Adult Children.

**Compassionate Inquiry:** A psychotherapeutic method developed by Dr. Gabor Maté that reveals what lies beneath the appearance we present to the world.

## RECENT AUDIENCES

- TEDx Rio
- Center for Integrative Medicine, Medical School, University of Arizona
- [The Adler School of Professional Psychology](#)
- New York Mental Health Association
- Association for the Advancement of Restorative Medicine
- American Family Therapy Association
- Alberta Health Services
- Ottawa Institute of Mental Health
- Ontario Association of Social Workers
- Omega Institute
- Kripalu Center for Yoga & Health
- Association for Prenatal & Perinatal Psychology

## LINKS

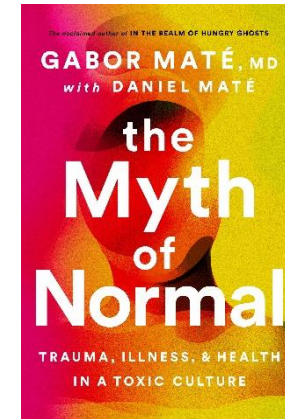
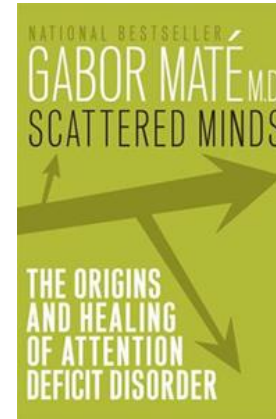
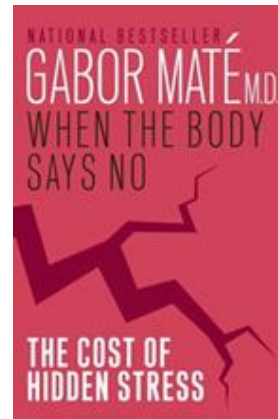
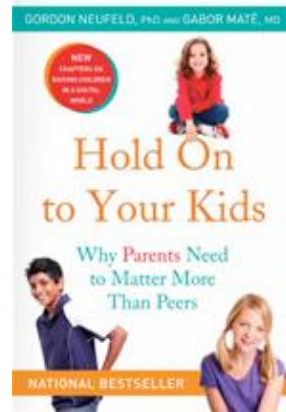
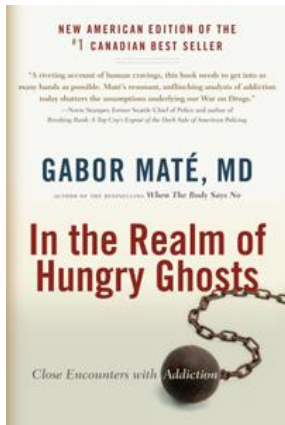
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## DR. MATÉ'S BEST-SELLING BOOKS



In the US *When the Body Says No* is published as *When the Body Says No: Exploring the Stress-Disease Connection*.

Click [here](#) for more details on each book, including excerpts and reviews.

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## MEDIA & NEWS

[Dr. Maté speaks at TEDx Rio+20 >](#)

[Dr. Maté interviewed on CBC Radio's The Current. >](#)

[Dr. Maté featured in CBC TV's documentary The Jungle Prescription. >](#)

[Dr. Maté interviewed on Pacifica Radio's Democracy Now! >](#)

[Dr. Maté's award-winning and bestselling book In the Realm of Hungry Ghosts is now available as an audiobook. >](#)

Dr. Maté's writing has appeared in such publications as The Globe and Mail, The Vancouver Sun, The Huffington Post and YES Magazine.

Articles and interviews featuring Dr. Maté have appeared on Democracy Now, CBC and NPR.

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## TESTIMONIALS

“Gabor Mat’és connections – between the intensely personal and the global, the spiritual and the medical, the psychological and the political – are bold, wise and deeply moral.”

**Naomi Klein**, Author & Award-winning Journalist

“Maté’s resonant, unflinching analysis of addiction today shatters the assumptions underlying our War on Drugs.”

**Norm Stamper**, Retired Former Police Chief of Seattle & Member, Law Enforcement Against Prohibition

“Gabor Maté is a common-sense doctor and truth-teller. By looking at causes and their effects, he helps you find your way home.”

**Jamie Lee Curtis**, “Author, Activist, Alcoholic”

“I think a big part of gaining insight into substance abuse is an examination of its underlying psychological and emotional components. This is at the core of Dr. Mat’és approach.”

**Rob Reiner**, Filmmaker, Actor, Producer

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## CONTACT

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