



SHELIA BRUNO, CLC, CTSS, SFBC

Shelia Bruno is the Founder of Wife After Prison, a movement and platform dedicated to empowering families, currently and formerly incarcerated citizens, and reentry professionals through education, advocacy, and healing. Wife After Prison provides trauma-informed coaching, reentry tools, and real-talk resources that expose the unspoken impacts of incarceration, especially Post-Incarceration Syndrome (PICS).

As a Certified Life Coach (CLC) focusing on reentry and Certified Trauma Support Specialist (CTSS), Sheila brings a powerful, no-fluff message to the reentry space. With compassion and clinical insight, she helps people name what they're going through, unlearn prison-conditioned patterns, and build emotionally safe lives after incarceration.

Founder of Wife After Prison | Author | Uncommon Reentry Coach | International Speaker

WORKSHOP DESCRIPTION:

Prison might have an end date—but the impact doesn't stop at the gate.

What happens to the mind, emotions, and identity of someone who's done time? And how does that impact the people who love them—or those trying to help them heal?

This workshop is about facing that truth.

Based on the powerful book *The Second Sentence*, this 2-hour session is a raw and honest conversation for:

- Returning citizens who want to understand what's happening inside them—and why “freedom” doesn't always feel free
- Family and loved ones who are walking alongside someone they barely recognize anymore
- Professionals and advocates who want deeper insight into the trauma of incarceration—and how to support healing, not just compliance

If you're serious about reentry—not just physically, but mentally and emotionally—this session will meet you where you are. And challenge you to go deeper.

In this workshop, I'll break down:

- **What is Post-Incarceration Syndrome (PICS)?** Understanding the emotional and psychological impact of incarceration.
- **Common symptoms of PICS** in citizens returning and how it affects families and relationships.
- **Why reentry often feels harder than prison**—and what real support looks like.
- **Practical tools for families**, advocates, and citizens returning to start healing.
- **Why naming the trauma matters**—and how to stop blaming behavior and start seeing the root.

Available for speaking engagements, workshops, and professional training virtual or in-person.