

Madonna Treadway Bio

Short:

Madonna was born in rural North Dakota, the youngest of four children. Being the only girl with three older brothers and loving parents, life seemed perfect. Little did she know that her life would soon change drastically when both her parents died before she turned eight years old.

Still, life went on. Her family did not dwell on the past. In fact, it was not really talked about at all. The feeling was that nothing could be done about the past, so why bring it up? Best to move on and do what you can today. And so, as a child, Madonna learned to ignore her emotions and do what was needed without much drama.

This was her way of life until she reached her forties. It was at this point that she decided to explore what happened to her and how it had impacted her life. As she explored she remembered that as a child, after the death of her parents, she had often felt different from her peers, like she was on the outside looking in. She didn't tell anyone about how she felt, because on some level, she felt a sense of shame about feeling so different. No matter what she might have shared with anyone, her truth was that her parents had died, that still she had "been left."

Long Bio:

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So she moved on with life and worked to achieve all she could. She married, had a child, divorced, went to graduate school, taught at university, became a successful businesswoman, and fell in love and married again. Life was good. Yet, there was a nagging feeling that a piece of her story was unresolved. She experienced a disconnection she couldn't put into words. She knew that on some level she was detached from her emotional life.

A question swirled around her. Was there a part of her soul that was possibly hidden, even from herself?

Madonna's trauma would likely have remained hidden without the help of a mentor and therapist who helped Madonna uncover and accept her abandoned childhood self.

To her surprise, a once-frozen a part of her emotional life was brought to the surface. She was now face to face with long-buried emotional trauma.

Curiosity was awakened. She explored her early life using dream work, writing work, and therapy.

Once she explored her early life, and the emotional turmoil she had buried a new life was born, one where she was connected to her emotions. It was life that was richer, that offered deeper relationships and more fulfilling life experiences.

With her new approach to life, she began to question if there were others that had struggled the way she had. A new batch of questions arose in her mind.

How many others shared her experiences? What was their reaction? Could she use her research into her childhood trauma as a catalyst to truly heal such an old wound? Could she help others who might also be suffering?

It was around this time that Madonna started to write her book. Writing became both a path to internal understanding and to connecting with community. She found innumerable insights into her own life and shared hope and with her fellow writers. She learned that the normal cycle of grief and bereavement that adults travel through can be quite different for children. Often, children with traumatic loss experience an interruption of their cycle, leaving their grieving incomplete.

Continuing with both research and internal exploration, Madonna found a voice that expressed her rich emotional life that was once hidden away. To put it simply, by facing her trauma, Madonna uncovered a fuller, more rewarding way of living life. She saw ways to process unresolved childhood grief and to unburden the shame of feeling abandoned. She set out to write a book that would share key aspects of her story and would offer her insights into the raw and powerful journey toward healing.

Madonna is a guide who has walked down an unusual and difficult path. Her deepest hope is to show that it is never too late to be heard or to engage in the healing process. As she discovered, sharing the journey can be a salve for the pain. She invites you to join her and others in this community.

Madonna was a winner of the San Diego Memoir Association's 2018 Memoir Showcase, which featured her story entitled "Secrets." She is a guest blogger for The Feisty Writer. Her work will be featured in the 2019 anthology *Shaking the Tree Volume Two: Things We Don't Talk About*. Madonna's story was chosen to be a featured story, which she will read at the San Diego Writers Festival. Madonna is a member of the San Diego Memoir Writers Association and plays an active role in the writing community; she also leads workshops on grief and healing.