

# Terra Newell

## Biography

Terra Newell faced the notorious serial predator known as “Dirty” John Meehan head-on at only 25 years old. In a terrifying moment that changed her life, Terra fearlessly defended herself, setting in motion a journey that would not only shape her own path but also allow her to become a beacon of hope and empowerment for countless others. The impact of Terra’s story has reverberated around the world, shining a much-needed spotlight on the pervasive issue of domestic violence. Through her unwavering determination and willingness to share her deeply personal account, Terra has become an influential voice in raising awareness and initiating crucial conversations about this often-silenced societal epidemic. Terra is one of the most widely known survivor advocates in the true crime space and is a recognized authority on trauma healing and survivor recovery.

Terra’s ordeal was featured in the original *Los Angeles Times/Wondery Dirty John* podcast, which became one of the most successful true crime launches of all time, surpassing 170 million downloads, and was adapted into Bravo’s most-watched scripted series in network history, with Golden Globe winner Julia Garner portraying Terra. Terra has appeared on *Dateline*, *Nightline*, *People*, *CNN*, *ABC News*, *Oxygen*, *Vanity Fair*, *Oprah.com*, *Access Hollywood*, and *The Kelly Clarkson Show*. She is a frequent keynote and panelist at *CrimeCon* and other national conferences, a regular guest on top-ranked true crime podcasts, and the co-creator and co-host of the *Survivor Squad* podcast, where she interviews high-profile survivors including Amanda Knox, Kim Goldman, and Crystal Hefner. She is also the creator of *Terra’s Baddy Club* podcast, which is dedicated to raw, empowering discussions about healing, resilience, and change. Terra has collaborated with leading trauma experts and advocates, including Dr. Ramani Durvasula, and her case played a key role in advancing California’s coercive control legislation.

Terra Newell is a trauma coach and a yoga instructor with over 400 hours of yoga teacher training, and she hosts Survivor Yoga Retreats, trauma-informed 4-day experiences in Sedona that combine yoga, meditation, somatic breathwork, sound healing, and nature immersion to help survivors regulate their nervous systems, release stored tension, and rediscover balance in a supportive community. She is the founder and CEO of Terra’s Safe Haven, a survivor-founded nonprofit that provides education, resources, and community support for individuals impacted by coercive control, intimate-partner violence, and complex trauma, with a focus on long-term healing and recovery.

