

## **“Trauma-Informed Care: Hope for Healing” Speaker Bios**

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**October 30, 2017**

### **Featured Speaker**

**Lisa Ferentz, MSW, LCSW-C, DAPA** is an internationally recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 33 years. She presents workshops and keynote addresses nationally and internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK and Ireland. She has been an Adjunct Faculty member at several Universities, and is the Founder of “The Ferentz Institute, formerly known as The Institute for Advanced Psychotherapy Training and Education,” now in its tenth year of providing continuing education to mental health professionals and graduating over 900 clinicians from her two Certificate Programs in Advanced Trauma Treatment. In 2009 she was voted the “Social Worker of Year” by the Maryland Society for Clinical Social Work. Lisa is the author of “Treating Self-Destructive Behaviors in Traumatized Clients: A Clinician’s Guide,” now in its second edition, “Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing,” and “Finding Your Ruby Slippers: Transformative Life Lessons From the Therapist’s Couch.” Lisa also hosted a weekly radio talk show, writes blogs and articles for websites on self-harm and self-care, teaches on many webinars, and is weekly contributor to Psychologytoday.com. You can follow Lisa’s work at theferentzinstitute.com, Facebook, LinkedIn and Twitter.

\*Lisa is presenting a morning keynote and a 3-hour afternoon breakout session.

### **Trauma Survivor Keynote Speaker**

**Teri Wellbrock** is a trauma-warrior, having survived and thrived after learning to cope with her PTSD symptoms and 25 years of severe panic attacks by utilizing EMDR therapy, personal research and learned coping skills along with a foundation of faith and positivity. She is currently writing a book, “Unicorn Shadows”, about her multiple traumas, with the intent to help others reach their own joyous and peaceful existence via her story of hope. Teri is mom to three beautiful children; owns the Milford Ohio based business InvizaShield; graduated magna cum laude from the University of Cincinnati with a Bachelor’s Degree in Psychology; has written a children’s book, “The Doodle with the Noodle”, with her daughter, about their Therapy Dog, Sammie the Labradoodle; has created the project Sammie’s Bags of Hope, bags filled with trinkets of hope to be donated to children with trauma history; and is producer and co-host of The Healing Place Podcast on iTunes. Teri’s professional history includes managing, teaching, and case management with a mental health agency. Her life purpose is to make a positive difference in the lives of others, particularly children, and shine a light of hope into dark spaces.

### **Breakout Session Speakers**

**Breakout Session A** – See Lisa Ferentz Bio under Featured Speaker

### **Breakout Session B**

**Jennifer E. Sharp, Ph.D.** is an Assistant Professor in the Counseling Program at Northern Kentucky University. Prior to her work at NKU, she served as a counselor and educator in a variety of K-12, college, and community settings. Jennifer has also trained in several mindfulness-based modalities over the past 15 years, including Mindfulness-Based Stress Reduction, Mindfulness-Based Strengths Practices, and Cultivating Awareness and Resilience in Education. She has published on the applications of mindfulness to counseling and in educational settings, created three mindfulness courses at Northern Kentucky University focused on improving well-being among helping professionals (e.g., educators, counselors, social workers) and continues to present on these topics locally, regionally, and nationally.

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### Breakout Session C Panel Speakers

**Sheree Lynch, R.N., M.Ed., ICCCM-C** is owner, president and C.E.O. of Positive Leaps, Inc. After many years of serving children and families as a Registered Nurse in well-child, acute and chronic care settings, Sheree opened Positive Leaps, an agency envisioned after many years of working with children and teens with mental health and substance use problems, and their families. Convinced that better outcomes were achievable, and armed with many years of clinical experience, and research into what science informs is critical to successful treatment, Sheree took the risk and opened Positive Leaps. Positive Leaps provides three levels of mental health care to children and families. Positive Leaps is best known for outcomes achieved in its Day Treatment Center (Day Hospital) for very young children (2 through 8) with severe behavior problems, however Positive Leaps also provides Intensive Out Patient and Out Patient therapy services for children of all ages and their families.

**Penny Middaugh, LISW-S**, is an Independently Licensed Social Worker with Supervisory Status and an Ohio Police Officer Training Academy Instructor for crisis intervention. She is the Associate Vice President of Integrated Counseling Services at Greater Cincinnati Behavioral Health Services. She has worked in the field of behavioral health for 29 years in a variety of capacities; Mobile Crisis Services, Case Manager, Intake Director, Crisis Director, Staff Training and Development, Quality Improvement, and Integrated Counseling Services. She has experience treating adult clients with depression, stress/anxiety, trauma, abuse, relationship difficulties, and stage of life changes. She has extensive experience training on topics of; suicide/crisis intervention, professional ethics, HIPAA, privacy/security law, diagnostic evaluation, person centered planning, medical necessity, clinical supervision and documentation standards. Penny is a surveyor for the Commission on Accreditation of Rehabilitation Facilities (CARF, International) in the areas of Behavioral Health and Child and Youth Services. She and her team, along with 14 other organizations in the greater Cincinnati area, recently completed a yearlong Trauma Informed Care Learning Community offered by the National Council and the Tristate Trauma Network. She is committed to expanding improvements using principles of trauma informed care to the organizational environment to ensure that GCB staff and clients feel welcomed, supported and empowered.

**Melanie Palmer, IMFT-S**, is an Independently Licensed Marriage and Family Therapist with Supervisory Status and an American Association for Marriage and Family Therapy Approved Supervisor. She is the Director of Training for Child Focus, Inc., has worked in the outpatient and school-based programs at CFI, and taught a general psychology course at Southwestern College. She has over 20 years experience working with clients on a variety of issues and challenges such as depression, anxiety, trauma, sexual abuse, and marital conflict and has extensive experience working with children and adolescents suffering from emotional and behavioral problems. Melanie is a certified instructor for Keeping Children Safe: Child Abuse and Neglect Curriculum for Early Childhood Professionals, Stewards of Children Child Sexual Abuse Prevention Program, and Youth Mental Health First Aid. She is also a certified instructor for QPR, a Gatekeeper Suicide Prevention Program, QPRT Suicide Risk Assessment and Management program, QPR Suicide Prevention Gatekeeper Instructor's Master Trainer and Assessing and Managing Suicide Risk: Core Competencies for Behavioral Health Professionals (AMSR) Trainer, as well as a Crisis Intervention Team trainer. Melanie develops and facilitates trainings on a variety of topics including trauma-informed care, separation and divorce issues, parenting, stress management and self-care, communication, and more.

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**Brian Wlodarczyk, LISW-S**, is a Licensed Independent Social Worker-Supervisor who earned his Master's Degree from the University of Kentucky in 2001 and serves as the Director of Mental Health Services for Catholic Charities Southwestern Ohio. He has worked in outpatient settings with children, adolescents, families and adults with a variety of issues, yet specializes in severe and persistent psychiatric disorders. He has served as an Executive Director of a local community mental health and chemical dependency treatment agency; conducted professional trainings; and remains a long-term associate of UC Health where he served as a member of the Mobile Crisis Team, Inpatient Psychiatry, Psychiatric Emergency Services, and currently serves with the Office of Decedent Affairs. His professional goal is to enhance behavioral healthcare delivery through respect, integrity, teamwork and excellence; and motto is to be the best part of someone's worst day.

### Breakout Session D

**Shari Carter, LCSW-S** is a Clinical Supervisor at Lighthouse Youth and Family Services in Cincinnati, OH. She is an independently licensed professional with a Master of Social Work degree from the University of Cincinnati. She has ten years experience working with adolescent and young adult males and females in both out-of-home and in-home settings. Shari is versed in conducting individual, family, and group therapy. She is a Certified Trauma Specialist who also provides training in sensory-based trauma treatment and interventions.

### Breakout Session E

**Sarah Buffie, MSW, LSW**, founding director of Soul Bird Consulting, believes that nothing has the power to heal like supportive relationships. Specializing in trauma responsive care, she helps organizations and individuals disrupt current models of thinking by building empathy and understanding around the effects of trauma. Sarah has worked in community organizing—specifically, Asset Based Community Development, for over a decade and has a deep passion for her work. Her focus is to spread awareness about how trauma affects the brain and body, and teach effective approaches for developing resilience within the people organizations strive to serve, and the people closest to the work, caregivers and direct providers. Sarah received her Masters in Social Work from Northern Kentucky University with a focus in trauma, positive psychology, and mindfulness. With years working closely in her Cincinnati community through her AmeriCorps service as well as abroad with her Peace Corps service in Namibia, Africa, Sarah brings a unique community building lens to the work.

### Self-Care Concluding Session

**Shelly Byrne** is a wife, mother, grandma, licensed Physical therapist, certified yoga instructor, Master tree climber, and owner of three successful businesses. Born an adventurer and entrepreneur, her first business endeavor at age 16 was a strawberry patch. She earned her BS in science in 1994 for Physical Therapy. Shelly started her first business when she was 28. As a Licensed PT and single mother, she co-founded Advanced Physical Therapy, which grossed over 9 million and employed up to 27 health care professionals at one given time. Their vision was to provide flexibility and freedom of schedule to parents so they could have more time with their families. In 2007, after becoming a Master tree climber, Shelly co-founded EarthJOY tree adventures and has guided thousands of people to the canopy top, and helped corporations develop their true visions via team-building programs. In 2014, Shelly developed the Women Warriors program and has helped hundreds of women discover what they want, why there are here, and how to take care of themselves, while they take care of others. Her recent business EarthJOY Tree House Village offers a Pete Nelson overnight stay where people unplug to recharge. To date, the tree house has hosted 2067 people! The tree house has been such a success that a second one is under construction and will be completed by end of September.