



Trauma-Informed Care: Hope for Healing

October 30, 2017

8:00 – 9:00 am	Registration, Breakfast, and Networking
9:00-9:15 am	Welcome
9:15 - 9:55 am	Unicorn Shadows: A Story of One Woman's Journey from the Darkness of Complex Trauma into the Light of Hope <i>Teri Wellbrock</i>
	Description: Teri will talk about her healing journey through complex trauma and resulting C-PTSD: a journey including a multifaceted approach along with a foundation of positivity and faith.
10:00 -12: 00pm	Keynote: Trauma and Attachment <i>Lisa Ferentz, MSW, LCSW-C, DAPA, The Ferentz Institute</i>
	Description: In this keynote address, we will explore the four main attachment styles that can play out in the parent-child relationship. We'll take a close look at the disorganized attachment dynamics that exist in dysfunctional and toxic families and the inherent challenges it creates for children when they are forced to stay connected to depressed, emotionally unavailable, inconsistent, anxious, or abusive caretakers. We will also process the connection between specific attachment patterns and a child's subsequent ability or inability to regulate and navigate their emotional states. We will discuss the ways in which trauma impacts parenting as well as the emotional, cognitive, and psychological development of the child. Videotapes, clients' artwork and case scenarios will give participants a greater understanding of the importance of secure attachment and the toll that trauma takes.
12: 00 - 1:00 pm	Lunch (provided)
1:00 -2:30 pm Breakout A	BREAKOUT SESSIONS Treating the Cycle of Self-Destructive Behaviors – Part 1 <i>Lisa Ferentz, MSW, LCSW-C, DAPA, The Ferentz Institute</i>
	Description: Many clients with histories of prior trauma, abuse or neglect, or overwhelming developmental stressors lack the ability to engage in appropriate affect regulation. As a result, they can turn to self- destructive behaviors including: acts of self-mutilation; a variety of addictions; and eating disorders to cope and self-soothe. In this workshop, we will explore a cycle of self-harm, processing the ways in which triggering events, negative cognitions and affect, dissociation, and anxiety fuel the chronic and cyclical nature of these behaviors. The "Cycle" will also provide us with a concrete template for a variety of creative and effective "intervention sites," offering treatment



strategies designed to reduce and eventually extinguish the behaviors. An emphasis will be placed on strategies that are designed to increase internal and external safety, promote grounding and containment, reduce flashbacks and help clients self-soothe in healthier ways. We will also address how to avoid the power struggles and increased self-harm that often accompanies ineffective “safety contracts”. A more effective, alternative contract, called CARESS, will be presented. Clinical case examples, videos, clients’ writings and artwork will be incorporated into the workshop.

Objectives:

1. Describe a chronic cycle of self-harm and the ways in which triggers, and negative thoughts and feelings influence the process.
2. Explain the role that dissociation and analgesia plays in increasing a client’s ability to self-harm.
3. Explain why standard safety contracts can be ineffective and describe the three stage approach to CARESS, as a creative alternative to help extinguish self-harm.
4. Implement at least 5 creative strategies at different intervention sites to help re-ground and re-establish a sense of safety in triggered trauma survivors.

Breakout B

Infusing Mindfulness Into Work with K-12 Clients/Students

Jennifer Sharp, Ph.D., Northern Kentucky University

Description: This workshop is designed to introduce participants to the concept and practice of mindfulness. Participants will learn about the benefits and potential applications of mindfulness through didactic and experiential learning activities. This workshop will incorporate sample activities and provide concrete resources for education and counseling professionals working with K-12 students/clients that they may integrate into their trauma-focused work with children.

Objectives:

After this workshop, participants will:

1. Be able to articulate 3 benefits of mindfulness with K-12 clients
2. Know at least two applications of mindfulness with K-12 clients
3. Know how to access additional resources to expand their competence in using mindfulness-based approaches with children impacted by trauma

Breakout C

Becoming Trauma Competent: Multiple Perspectives from Agencies Involved in TTN’s 2016-2017 Trauma-Informed Care Learning Community

Sheree Lynch, R.N., M.ED., ICCCM-C, Positive Leaps; Melanie Palmer, IMFT-S, Child Focus, Inc.; Penny Middaugh, LISW-S, Greater Cincinnati Behavioral Health Services; Brian Wlodarczyk, LISW-S, Catholic Charities Southwest Ohio

Description: In June of 2017, fifteen organizations in the greater Cincinnati area completed the year-long Learning Community offered by the Tristate Trauma Network and the National Council for Behavioral Health. This workshop will focus on the actions of a select group of those organizations working to become Trauma Competent



Organizations. We will share the major changes we implemented to follow the principles of a trauma-informed approach in our organizations. We will share our learning; what we stopped doing, what we started doing and what we did more often. Workshop will include an overview of trauma-Informed care and will conclude with a question & answer period.

Objectives:

1. Participants will learn what is required to implement trauma informed care successfully within organizations serving a variety of populations
2. Participants will learn practical strategies on how to create a trauma informed environment at their organization
3. Participants will learn of potential barriers and how overcome those barriers

2:30 - 2:45 pm **Break**

2: 45 - 4:00 pm **BREAKOUT SESSIONS**

Breakout A (cont.) **Treating the Cycle of Self-Destructive Behaviors – Part 2**

Lisa Ferentz, MSW, LCSW-C, DAPA, The Ferentz Institute

See description and objectives under Part 1.

Breakout D **Trauma as a Sensory Experience: Indications for Effective Interventions**

Shari Carter, LISW-S, CTS, Lighthouse Youth Services

Description: Traumatic memory is stored as a sensory experience. Clients who have experienced a traumatic event or complex trauma in their lives can benefit from safely re-activating those memories and learning to moderate and tolerate those experiences. Clients can learn to develop a new narrative that relegates the traumatic memory to the place and time it occurred rather than permeating every aspect of their present lives. This session will provide education and treatment planning techniques for addressing trauma on a sensory-based level. People who will benefit from this training include social workers, counselors, direct care providers, guardians, case managers, foster parents, Supervisors in the mental health field, and anyone who is interested in learning how trauma can be addressed on sensory level.

Objectives:

1. Participants will increase understanding and common language related to concepts of safety and ethics in providing trauma treatment.
2. Participants will be introduced to *The National Institute for Trauma and Loss In Children SITCAP* curriculum.
3. Participants will receive an overview of additional specific sensory-based activities for use in treatment.

**Breakout E****Affiliation and External Supports as Resilience Factors***Sarah Buffie, MSW, LSW, Soul Bird Consulting***Description:**

Affiliation (sense of belonging) and external supports (people/pets/spirituality) are two resilience factors that support people in their healing journey. Facilitator and trainer Sarah Buffie offers a How-To conversation assisting people and organizations in deepening their understanding in building these two resilience factors. Sarah will assist participants with hands on activities that will enhance their understanding of these resilience factors, as well as offer tools that can be used in their work moving forward.

Objectives:

1. Participants will learn about Affiliation and External Supports as resilience factors that support growth and healing.
2. Participants will engage in small group discussions using an Asset Based Community Development model as a tool to help explore their communities.
3. Participants will create an Affiliation and External Supports profile for at least one person whom they support.

4:00-4:30pm**Self-Care Mini-Session & Self-Care Door Prize Drawings (*must be present to receive a door prize*)****Self-Care Wheel for the Health Care Professional***Shelly Steffen Byrne, Licensed Physical Therapist, Certified Yoga Instructor & Co-Founder of EarthJOY TreeVILLAGE Rejuvenate YOUR heart!***Description:**

What do you want? Why are you here? How do you take care of others and YOU too? Shelly's focus in this session is helping you get familiar with your zone of genius and how to support this zone so you can do more of what you love!

Objectives:

1. Participants will get crystal clear on what they want.
2. Participants will identify at least three things they need to let go of and why.
3. Participants will formulate a powerful I AM statement.

***6.0 CEUs will be awarded to those who attend the full day**