



## **KCIT 2020 Conference Agenda**

### ***CONSCIOUS RESILIENCE AFTER TRAUMA***

#### **September 22, 2020 - Day 1**

##### **8:00 AM-9:00 AM      PRE-CONFERENCE WARM UP!**

**Creative Resilience: Discovering New Ways to Consciously Choose Growth - Jackie Carnation, MA, LPC and Oana Nechita, MA, LPC, NCC**

In this workshop, the team of therapists from Network of Victim Assistance in Bucks County will guide you in interactive ways to release stress and vicarious trauma while choosing daily interventions that can create conscious resilience within your personal and professional life. Modalities such as writing, art, laughter and movement will be experienced together. This workshop will help to discover and explore new modalities of self-healing to continue your own growth journey while providing critical services during these unprecedented times.

##### **9:15 AM-10:30 AM      BREAK OUT SESSIONS**

**Resilience After Trauma: Surviving to Thriving – Lynne Feldman, MSW**

This workshop will teach participants about the role of resilience in individuals and communities before, during and post trauma. The major principles that enhance recovery and resilience after trauma will be discussed. Predictors of resilience will be identified and specific activities and skills that foster resilience will be reviewed. At the conclusion of this workshop, attendees will have a better understanding of how to assess, explore and assist others in building a more resilient mindset to thrive in the face of adversity.



**September 22, 2020 - Day 1 (continued)**

**Vicarious Trauma Toolkit (VTT) – Office for Victims of Crime  
-Katherine Manners, M.Ed., LMFT**

Office for Victims of Crime introduces a new model for examining and conceptualizing the effects of vicarious trauma along a spectrum of reactions to the work-related trauma exposure that victim service providers and first responders experience every day. The VTT focuses on organizational responses to work-related exposure to trauma. While some resources in the toolkit may be useful to individuals, the VTT is intended to provide organizations with the tools they need to fulfill their responsibility to support staff and become more vicarious trauma-informed.

**11:00 AM-12:15 PM**

**BREAK OUT SESSIONS**

**Global Resilience when Dealing with Trauma as a Result of Terrorism and Mass Violence - Amy O’Neil, MS, LPC and Jo Dover**

Acts of terrorism and mass violence can have a devastating impact on individuals, communities and societies. In many cases such an impactful event can eventually lead to a positive outcome-people are capable of some of the most incredible responses. The presenters will acknowledge the trauma impact but examine the scope of reactions of those affected by mass violence and terrorism including, survivors, bereaved family members, first responders, witnesses and what they went on to do that affected their community in a positive way. They will link the reactions to concepts of resilience and post traumatic growth. Amy will share her personal experience as a survivor of the Boston Marathon Bombing and will explore how those affected by trauma can learn to transform their painful experiences to build a positive and resilient future.

**Transgender Cultural Humility – Miller Hoffman and Louie Marven**

This workshop is designed as an interactive opportunity to discuss and better understand transgender and nonbinary gender identities. Participants will learn about language and vocabulary, interpersonal etiquette, and some of the unique ways people from these communities experience violence and sexual violence. The information and activities will both introduce (or review) some basics, as well as more deeply engage with matters concerning trans and nonbinary folks.



**September 22, 2020 - Day 1 (continued)**

## **1:00 PM - 2:30 PM      KEYNOTE SESSION**

### **Cultivating a Dynamic Healing Centered Praxis - Angelique Arroyo**

What does it mean to create a dynamic healing centered community? How do we cultivate resilience from the inside out and transform community support systems? Through this session we will journey together as we expand our capacity from trauma informed to healing centered, where the wellbeing of the whole human and the support of community is the praxis we embody. Angelique Arroyo has been conducting transformational workshops and services to individuals for more than two decades. Her work has included healing centered and leadership circles with various diverse groups: incarcerated populations, community based social justice groups to female entrepreneurs. These workshops are known for being a dynamic experience where she uses a healing centered approach that focuses on building personal, interpersonal, and a communal capacity for collective resilience.

## **3:00 PM – 4:15 PM      BREAK OUT SESSIONS**

### **The Stress-Less Initiative: Preventing Secondary Traumatic Stress – Caroline Menapace, MSW, LCSW and Laura Vega**

The Stress-Less Initiative arose from an unmet need to “help our helpers.” Often, frontline staff learn about secondary traumatic stress (STS), but they do not know the personal symptoms or how to address them in order to prevent short and long-term effects of STS. While efforts to address these needs in one-on-one clinical supervision is important, a group model provides an opportunity to learn and share strategies for addressing STS among colleagues in a supportive atmosphere. The Stress-Less Initiative provides a safe space for staff to share how victim services work affects them individually, and offers a way to provide support and encouragement to one another. This presentation will provide an overview of STS and the need for organizational support around this issue, and audience members will be invited to participate in a demonstration of the Stress-Less Initiative.

### **Emotional Intelligence for Community Crisis Intervention- Jim Fouts, LSW**

Recognizing, understanding and managing emotions are core skills for Group Crisis Workers. Emotional Intelligence teaches skills that develop awareness of your emotions, manage your reactions to those emotions, read the group mood as well as individual members and manage the relationships needed to effectively support those in crises. This workshop will introduce you to four of the key components of Emotional Intelligence.



## KCIT 2020 Conference Agenda

### *CONSCIOUS RESILIENCE AFTER TRAUMA*

## September 23, 2020 - Day 2

### 9:00 AM – 10:15 AM BREAK OUT SESSIONS

#### **Trauma Informed Death Notification – Lisa Zoll, LCSW**

Giving the news that someone has died is an extremely delicate and important act because sharing this life altering news, opens the first chapter in an individual's lifelong grief narrative. This training delivers a trauma-informed approach of how to help your client process death and will give you the skills to feel confident in this process. Attendees will be able to identify how trauma affects the brain, symptoms of trauma, a script to deliver the news, and specific coping skills for you and the bereaved. Dealing with death can be a part of anyone's job whether it looks like physically knocking on the door and delivering a formal death notification or advocating and assisting clients with the death of someone close to them.

#### **Recognizing Vicarious and Secondary Trauma for Professionals (*Part 1*) – SaraLiz Gausz and Ellissa Collier, Lakeside**

The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

### 10:45 AM – 12:00 PM BREAK OUT SESSIONS

#### **Recognizing Vicarious and Secondary Trauma for Professionals (*Part 2*) – SaraLiz Gausz and Ellissa Collier, Lakeside**

*Participants need to attend Part 1 of this training.* The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals are provided with critical steps in identifying signs and symptoms of each.



**September 23, 2020 - Day 2 (continued)**

### **Validating Trauma - Melissa McDermott, Outreach & Training Specialist KCIT**

When clients feel helpless and vulnerable in their emotional experience, they may find themselves asking the question, “What’s wrong with me?”. This training empowers through education and tools to validate and normalize their experience by redirecting questions from “What wrong with me?” to “What happened to me?”. Participants will gain a comprehensive and nuanced answer to this question by understanding trauma, trauma symptoms, what happens to the brain as a result of trauma, and resources for healing. Being equipped to share this information with your clients will help them regain a sense of control through knowledge and understanding over their experience.

### **1:00 PM – 2:30 PM KEYNOTE SESSION**

#### **Helping Victims of Mass Violence & Terrorism: Planning Response, Recovery, and Resources Toolkit – Gerard Lawson, Office for Victims of Crime**

This training was created for communities to prepare for and respond to victims of mass violence and terrorism in the most timely, effective, and compassionate manner possible. Through developing a comprehensive victim assistance plan, the community can respond to mass violence, terrorism, natural disasters, human-caused disasters, emergency crises, and high-profile criminal incidents promptly and more effectively.

### **3:00 PM – 4:15 PM BREAKOUT SESSIONS**

#### **Disenfranchised Trauma – Leslie Davila, MS, C.V.A. and Lisa Zoll, LCSW**

This workshop explores the concept that there are frequently victims of abuse whose trauma is disenfranchised and will discuss the concept of "disenfranchised trauma" as it applies to secondary or indirect victims of abuse. The workshop reviews a personal case study which includes the impact of exposure as it applies to learning of the sexual abuse of a sibling, the impact of the abuse, and learning to live with the effects of that trauma. When such a trauma is acknowledged and recognized, it can be supported, and the process of healing can begin.

#### **The CID Protocol: How to Provide "Trauma First Aid" When You Are the Survivor's First Point of Contact – Melody Dascanio, LPC**

CID Protocol was developed by the founder of EMDR Consulting and based on theory and aspects borrowed from EMDR. It is only permitted to be taught by an approved trainer of EMDR Consulting. It is intended to be taught to first responders and "lay people" that come into frequent contact with trauma survivors shortly after the trauma has happened. By using the CID, first responders can help the survivor significantly lessen the long term psychological impacts of a recent trauma.



## **KCIT 2020 Conference Agenda**

### ***CONSCIOUS RESILIENCE AFTER TRAUMA***

#### **September 24, 2020 - Day 3**

##### **9:00 AM - 10:30 AM KEYNOTE SESSION**

##### **Documentary Screening: Portraits of Professional CAREGIVERS, Their Passion. Their Pain. – John “Vic” Compher, LCSW with Panel**

Vic is a filmmaker, licensed social worker, workshop trainer and author. His most recent documentary is based on interviews with nurses, social workers, clinical psychologists, doctors, firefighters, first responders who rescue, assist, and help heal the injured and traumatized – and also tell their own remarkable and often painful stories. The film takes us on a journey into a world the public rarely sees, depicting emotional costs experienced by professional care providers and proving the emotional consequences of the professional public services. Following the documentary, Vic will moderate a panel of professionals, further exploring personal experiences in dealing with vicarious trauma.

##### **11:00 AM – 12:00 PM SPECIAL EVENT**

##### **Trauma-Informed YOGA Class - Kelly Hagenbaugh LSW**

This class is an invitation to engage in trauma informed yoga. Trauma informed yoga has a goal of helping individuals come into their bodies, discharge stress and move in a way that is useful to them. No prior yoga experience needed! Feel free to practice on a yoga mat, chair or anywhere else that feels comfortable for you. Please bring a rock to class to practice a little mindfulness during our time together.



**September 24, 2020 - Day 3 (continued)**

**1:00 PM - 2:15 PM      BREAK OUT SESSIONS**

**What's Your MPG (Mindfulness, Play & Gratitude) ? - Skills for Self-care and Resilience,  
Denina Bautti**

What's Your MPG? explores how Mindfulness, Play, & Gratitude are skills for self-care and resilience that can be intentionally practiced. Research demonstrates the importance of these skills for healing and holistic well-being. What's Your MPG? includes lecture combined with experiential and reflective opportunities and takeaway tips and resources. It's especially beneficial for those in the helping professions or caregiving roles to buffer secondary trauma and burnout. Participants are asked to have the following near them for the workshop: (1) pen or colored pencils/pens/markers, (2) paper or a notebook/journal, and (3) anything that helps them focus, like fidget toys, coloring supplies, etc.

**Compassion Fatigue in the Time of COVID, Charity O'Reilly, LPC and Kelly Hagenbaugh**

The presenters will explore the neurobiological factors leading to compassion fatigue and burnout during the unique stressors of COVID-19, explore research based interventions to assist you in managing these stressors, and provide insight into developing resilience during this time. An experiential self-regulation component will be offered for those who wish to participate. Participants will understand how the neurobiology of trauma impacts their cognitive, physical, and emotional functioning in times of stress, learn concrete interventions to regulate their nervous systems and manage compassion fatigue, and increase their ability to practice resilience through both academic and experiential components.

**2:30 PM – 3:15 PM      COFFEE CHAT/ Q&A/ CLOSING REMARKS**