

# 2005 ATSS Conference Agenda

## "Staying Balanced in a Merry-Go-Round World"

April 6-9, 2005

Dallas, Texas

Conference Site: Crowne Plaza Hotel ~ North Dallas-Addison

### Pre-Conference Training

April 4-5, 2005

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### PRE-CONFERENCE WORKSHOPS

#### 2 DAY WORKSHOPS

Monday, April 4 – Tuesday, April 5 ~ 8am – 5pm

Lunch Included In Cost of Registration

#### **Ethics**

**- Mary Beth Williams**

ATSS is the only trauma-related organization to have an ethical code, a set of standards of behavior grounded in the values of our organization within its cultural context. This workshop looks at the parameters of that code-values, mission, principals of practice, education of training and research-and how they apply to ATSS members. In addition, the workshop gives participants insight into what makes work in the trauma field ethically different and challenging, opportunity to discuss ethical challenges and dilemmas, and fulfills requirements for licensure and certification re ethics instruction.

By the end of the two days, participants will:

- Examine their own ethical standards and value systems and how they relate to their own areas of practice.
- Develop criteria for measuring professional competence as it relates to ethical practice.
- Develop an understanding of the term "iatrogenic harm" and examine ways to minimize harm through practice.
- Develop a personal mission statement.
- Examine ethical practice in areas of research, education, training and organizational functioning.
- Consider ethical dilemmas that might occur and those that have occurred and how to resolve them.
- Examine vicarious traumatization and compassion fatigue.

#### **Facing Up to Trauma with Confidence**

**- Marian Volkman**

This workshop strengthens your ability to face traumatic events related to you by clients, and to face life in general with more confidence. The theory component of the workshop gives you useful models for understanding traumatic experience.

The larger practical component works directly to:

- Build resilience

- Reduce the phenomena of secondary traumatization
- Deepen the ability to be fully present in difficult circumstances
- Strengthen the ability to be effective in dealing with trauma

**Please note that though it comes from the underlying principles that make TIR and related techniques effective, and is taught by TIRA Senior Trainers, this workshop does not teach you to do TIR.** It does offer a unique, intensive and rewarding training to develop those meta-skills on which all trauma workers rely.

## **CISM Course - Individual Crisis Intervention & Peer Support**

**- Frank T. Shane**

An ICISF Certificate Course

***Crisis Intervention*** is not psychotherapy, rather it is a specialized acute emergency mental health intervention, which requires specialized training. As physical first-aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first-aid." Most crisis interventions are typically done individually (one-on-one). This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention and increase Emergency Mental Health Skills. At the completion of this two day course, participants will be able to: List at least four fundamental principals of crisis intervention; Describe common psychiatric symptoms after trauma; Demonstrate crisis intervention techniques; and List risk factors for suicide.

### **1 DAY WORKSHOP**

**Monday, April 4 ~ 8am – 5pm**

**Lunch Included In Cost of Registration**

### **International Chaplain Academy**

**- H. Norman Wright & Melissa Slagle**

The ICA presentation will take a look at workplace chaplaincy; workplace violence; situational stress reduction techniques and what chaplains do. We will also discuss a lot of counseling and helping "nuggets" that give us specific how-to's in various situations we encounter.

### **Thought Field Therapy for Crisis Intervention and Traumatic Stress Recovery**

**- Robert L. Bray**

Participants in this one-day workshop will leave with the basic TFT skills for immediate results in assisting people overwhelmed by traumatic events. Participants who already have knowledge and experience in this field will learn a set of tools to eliminate the range of symptoms related to traumatic stress responses such as: Gaining control of intrusive images; ending fight or flight feelings and behaviors; improving mastery of memory to allow the person to choose what and when they will recall their experiences. Avoidance or Self-medicating with drugs, alcohol, or dangerous behavior does not have to be the only option. Learning TFT to stop the overwhelming symptoms will enhance all models of crisis intervention and psychotherapy. Integrating TFT with your personal style and approaches will be a focus of this workshop.

**Tuesday, April 5 ~ 8am – 5pm**

**Lunch Included In Cost of Registration**

**Traumatic Experience and the Brain; In Every Day Language**

**- Dave Ziegler**

This full day workshop will cover: the primary centers of the brain affected by trauma and what facilitates healing, executive functions and how trauma shapes the brain, the essential steps of trauma treatment, and time will be set aside for case consultations as examples of putting principles into action.



**Conference April 6-9**

**WEDNESDAY, APRIL 6**

**8am - 5pm Registration & Courtesy Booth**

**8:30 – 9:00 Welcome**



**9:00 – 10:30 KEYNOTE SPEAKER**

**How Repairable is Traumatic Experience." - Dave Ziegler**

Following trauma there is much to be concerned about and the more we understand the brain, the better we understand brain adaptation. At the same time, research is pointing to significant reasons to be hopeful that surviving and even thriving after trauma is possible.



**10:30 – 11:00 BREAK**

**11:00 – 12:30 WORKSHOPS**

**Traumatic Effects of Protracted Divorce & Custody Disputes on Children**

**- Judith Adams**

This workshop begins by presenting several scenarios of children who have been subjected to protracted divorce disputes. These scenarios feature children of various ages, whose psychological reactions include separation anxiety reaction, attachment disorder, depression & behavioral problems. Participants are encouraged to discuss the scenarios presented and will be invited to share professional experiences with similar cases. The social science literature on the psychological effects of divorce will be reviewed and the emotional trauma experienced by children will be discussed. Developmental issues will also be presented including induced attachment disorder, developmental regression, and developmental retardation. Participants may also contribute cases and examples for discussion. The various roles in which mental health professional may function will be discussed, including custody evaluator, trauma counselor, child advocate or parenting coordinator, as well as family therapist. These various roles will be distinguished and the professional duties intending to each role will be discussed. Evaluation, assessment, treatment, and environmental interventions will be discussed. The workshop will enhance professional skills and awareness of children in divorce as a "special victim population".

**Conducting Trauma Groups in South Africa: Opportunities for Healing**

**- Priscilla Dass-Brailsford**

This workshop will cover how to conduct trauma groups with underserved populations, specifically in the contest of working with socio-economically depressed individuals in South Africa. These are individuals who not only have limited resources for basic needs of food & shelter, but also have the misfortune of experiencing chronic traumatization on a daily basis. Some have also been victims of political torture and harassment conducted by the past

apartheid government of South Africa. All participants were people of color and in terms of age covered the lifespan from adolescence to the elderly. This workshop will begin with a discussion of violence and trauma that socio-economically stressed populations in South Africa experience. This will be followed by comments on how participants were screened for the groups and the importance of co-leadership in groups where the potential for vicarious traumatization is quite high. The rationale for the group modality is discussed followed by a description of the content of the groups and the various expressive therapy exercises used in the groups. Through an interactive approach, participants will have an opportunity to practice these exercises and thus learn about healing in the aftermath of trauma using the expressive therapies modality. The format and protocol used for each group is discussed: Elders and Violence Group; Peer Pressure Group; Domestic Violence Group. Finally, the workshop will conclude with a discussion on how similar groups can be conducted in the U.S.

## **A Non-Traditional Approach to Resiliency for Women**

**- Barbara Barham & Sharon Fowler**

Women experiencing trauma frequently become so busy taking care of others and tasks that they have difficulty maintaining minimal self care. Descriptions such as "walking on marbles", "knocked off balance" and "juggling too many items" become familiar to many women. Pampering and taking time for oneself may feel like a very selfish option. As seasoned trauma workers, and being aware of secondary trauma issues, many of us may know what needs to be done but have trouble recognizing our own distress. A plan is needed to put this in to action. Join us in this workshop to develop a plan for addressing some of these needs in your own home community. We will examine in a new way the multiple modes of achieving a new balance and building resiliency. This highly interactive presentation will combine didactic, demonstration, and experiential modalities of training. The goal would be for you to identify target groups, community resources and other tools you would need in providing this group for women when you return home. We welcome your skills, experience and your feedback.

## **Stress: Are You Controlling It, Or Is It Controlling You?**

**- Jim Mc Aninch**

This workshop will explain the Heart Rare Variability stress's equivalent to the glucometer for diabetics, how perception, foods & toxins can control how we react to stress & how to change it. This workshop will introduce tools to help you deal with stress before you are affected by the results of stress! ***Begin to Ride the Waves of Emotion Instead of Letting Them Knock You Over.***

## **The Sacred Space . . . The Role of Faith in Victim Recovery**

**- Susan Garfield Edwards**

Within each person is a "sacred space"- where faith intersects life and processes events (traumatic & otherwise), both immediately and for the future. With the victim of violent crime, that ultimately impacts the individual's healing of journey to recovery. This workshop will explore definitions and levels of damage done not only to a victim's mental, emotional and physical state, but also to that sacred space/soul. These definitions will be based on an individual's background, education, previous wounding, culture and spiritual heritage or base. The workshop will explore some perspectives on faith in recovery-including: what factors might offer a filter to the healing process, what is essential to healing, and what might be shaped by the same factors which contribute to the intensity of the damage in the first place. Finally this workshop will suggest steps the faith community can take to minister to the victim once the trauma has occurred.

## **Treating Brain Changes Caused by Trauma: Non-Pharmaceutical Alternatives to Prozac, Xanax & Ritalin**

**- Richard E. Landis**

There has been a lot of research and publication on how trauma alters the balance of neurotransmitters and endorphins, affects sympathetic and parasympathetic functioning and

changes nerve-firing thresholds. However, there are few courses that teach mental health professionals how to directly impact these changes. This course shows how psychotherapists can stabilize and normalize those brain changes caused by the stress of trauma by using cranial electrotherapy stimulation (CES) with other traditional and non-traditional therapies. The course will present clinical applications of CES, FDA findings and outcome studies, and an overview of 22 years of peer-reviewed and double-blind research. The course will provide sources of journal and internet-site information for clinicians and individuals to research these high-tech/high-touch 21<sup>st</sup> century augmentations to psychotherapy. The FDA has cleared these devices for the treatment of trauma symptoms of anxiety, depression, stress and insomnia. The FDA states that they can only be use of prescribed by those mental health professionals (e.g. MFTs, LCSWs, LPCs, psychologists, psychiatrists and trained physicians) whose scope of license allows them to diagnose and teat the above conditions.



**12:30 – 2:00 Membership Luncheon (Courtesy of ATSS)**

This luncheon is provided by ATSS for members and non-members. Come and learn more about ATSS, what the organization has accomplished in the past year and where it hopes to be by the 2006 conference. Questions and comments are welcome and interaction is encouraged. Join us and you will leave with a better understanding about membership, certification, and how ATSS is working to better meet the needs of its' membership.



**2:15 – 3:45 WORKSHOPS**

**Child Sexual Abuse as a Pathway to Chronic Shock Symptoms (Part I)**

**- Karen Duncan**

With over 60 million women reporting the experience of childhood sexual abuse (CSA) it is imperative that information and sound treatment approaches be available to professionals working in this field of traumatic stress. Understanding and identifying the cycle of sexual abuse that occurs in childhood when women experience this trauma is integral to appreciating the development of three particular traumatic stress responses form CSA: depression, anxiety and dissociation. Integrated treatment approaches founded on premises related to the healing of this trauma can disrupt these symptomatic patterns of chronic stress and provide women with recovery. This workshop will provide an understanding of childhood sexual abuse trauma as it is experienced by adult women who present for treatment. Premises of treatment are explained, case studies are presented and handouts provided that describe the cycle of abuse, identify chronic shock symptoms and how they are experienced physically, mentally and emotionally. An overview of integrative treatment methods are presented for consideration by attendees. Participation from the audience is encouraged through questions during the presentation and information for case reviews can be presented from attendees where appropriate.

**PTSD, Mental Illness & Substance Abuse; Recovery is Possible (Part I)**

**- Nancy Tamburo-Trevino & Paula Bjelajac**

The "Seeking Safety" curriculum is designed for people with substance abuse and PTSD. According to the curriculum's author, Dr. Lisa Najavits "trauma means one has suffered a severe life event such as physical or sexual abuse, a car accident, or a hurricane...It is an integrated treatment, meaning that both trauma and substance abuse issues are worked on at the same time to promote the most successful recovery possible. It was developed at Harvard Medical School and Mclean Hospital with funding by the National Institute on Drug Abuse beginning in 1993. The sessions are evenly divided among behavioral, cognitive and interpersonal strategies. We (PROTOTYPES) have just completed a 5year cross-site study, "Women, Co-Occurring Disorders and Violence Study". A major piece to the study was implementing a trauma treatment curriculum, Seeking Safety, to women in treatment for

substance abuse, mental illness, and had experienced some form of trauma in their lives. Nancy Trevino, M.A., and Paula Bjelajac co-facilitated these groups. We will discuss the implementation, and challenges of this curriculum into a dual-disorders facility (substance abuse and mental illness). The curriculum consists of 31 sessions. The sections covered include some of the following: Safety, Detaching from Emotional Pain (Grounding), PTSD: Taking Back Your Power, When Substances Control You. The consumer/survivor/recovering women panelists will discuss how this curriculum has impacted their lives.

### **Victim Issues & High Profile Crimes (Part I)**

**- Robin Finnegan & Krista Flannigan**

This workshop will focus on the unique issues confronting victims of high profile crimes. We will discuss basic trauma responses, as well as the established factors of high profile victimization and how all of these are impacted by community and media attention. The workshop will review the role and objectives of the news media and how these both conflict and support the healing process. We will discuss strategies for managing the media and community attention that can be implemented to assist victims and service providers. The presenters have been involved with victims in many high profile events from Oklahoma City, Columbine, Lockerbie, September 11, to the recent Kobe Bryant sexual assault case. The workshop will use examples and best practices from many of these experiences to help participants generate their own ideas and strategies for working with victims who find themselves the focus of the world's attention.

### **Resilience Part I: Understanding Personal Resilience (Part I)**

**- Susy Sanders**

The resiliency paradigm is in the forefront of new developments in the field of trauma response and crisis intervention. All responders, beginners and seasoned, benefit from gaining an understanding of the ways that we all develop and utilize our inherent resilience. This workshop is based on Dr. Sanders' Ecological Model of Resilience and Spiritual Development, placing resilience in a spiritual perspective. This perspective is broadly based in a spirituality defined compassion and personal growth through crisis. Participants will learn how to recognize their personal resiliency characteristics and environmental supports that nurture this resilience. Examples of resilience during traumatic experience and crisis will be shared. Personal exercises and small group sharing validates and solidifies the participants' own understanding. Participants will come away with a new and refreshed understanding of their own strengths as well as a developmental model that allows for transcendent thinking about our work as trauma responders and clinicians.

### **Achieving Life Balance; Mind-Brain Science & Simple Daily Tools (Part I)**

**- Ronald R. Ringo & Mark Kastleman**

In this interactive and practical-application workshop, Ron Ringo and Mark Kastleman will teach professionals the mind-brain processes behind stress, negative behaviors, addictions and relationship problems—all leading to an *out-of-balance life*. Participants will learn how to positively and proactively apply these mind-brain principles to guide individuals through the recovery of their spiritual, emotional and physical health, and the healing of their most important relationships. The training will focus on the **latest cutting-edge mind-brain science and the understanding and implementation of simple daily tools that produce results!** These special tools have been tested and proven one-on-one with many thousands of individuals. Participants will leave the workshop equipped to help those they serve achieve balance in every aspect of their lives.

### **Traumatic Incident Reduction (Part I)**

**- Nancy Day & Chrys Harris**

Traumatic Incident Reduction (TIR) is a highly focused, repetitive desensitization procedure\*directive and controlled, yet at the same time, wholly person-centered, non-interpretive, and non-judgmental. It is a tightly scripted procedure that provides client-

mediated exposure and leads, more often than not, to spontaneous client-generated insight, personal growth, and empowerment. The procedure is best known for its use as an effective tool for use in the rapid resolution of trauma-related conditions, including Posttraumatic Stress Disorder (PTSD). In competent hands, however, TIR also has applications in addressing and resolving other, less obviously trauma-related symptoms and conditions representing a significant part of the disorders identified in the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition - Text Revision (DSM-IV-TR). A partial list would include adjustment disorders, acute stress, traumatic bereavement, mood disorders, anxiety disorders, somatoform disorders, sexual abuse, and phobias. This workshop will discuss and illustrate the fundamentals of TIR. The workshop participant will be introduced to Basic TIR, Thematic TIR, and the Thirteen Rules of Facilitation.

**3:45 – 4:00      BREAK**

**4:00 – 5:30 WORKSHOPS**

**Child Sexual Abuse as a Pathway to Chronic Shock Symptoms (Part II)**  
- Karen Duncan

Description above under Part I.

**PTSD, Mental Illness & Substance Abuse; Recovery is Possible (Part II)**  
- Nancy Tamburo-Trevino & Paula Bjelajac

Description above under Part I.

**Victim Issues & High Profile Crimes (Part II)**  
- Robin Finnegan & Krista Flannigan

Description above under Part I.

**Resilience Part II: Re-briefing: An Educational Component to Trauma Response (Part II)**  
- Susy Sanders

Supporting the resilience of others during crisis intervention requires an understanding of the dynamics of resilience, the skill of recognizing the resilience of others, and a method for helping others to recognize their own resilience. This workshop proposed the use of a psycho-educational component to crisis intervention called "re-briefing". Re-briefing is a step of the debriefing process during the educational phase; it is simply the remembering of personal strengths. In the same way that we educate others about the normal responses of stress, and of ways to cope, we can also help them to remember their own personal strengths. This workshop is experiential in nature, with grief didactic components, individual exercises and small group practice of the re-briefing process. Simple, useful and helpful this component of debriefing has the potential of leaving the populations which we serve in a strengthened and hopeful frame of mind. **Resilience Part One** is recommended as a prerequisite, but not required.

**Achieving Life Balance; Mind-Brain Science & Simple Daily Tools (Part II)**  
- Ronald R. Ringo & Mark Kastleman

Description above under Part I.

**Traumatic Incident Reduction (Part II)**  
- Nancy Day & Chrys Harris

Description above under Part I.



**6:00 – 7:30      President’s Reception (Courtesy of ATSS)  
                         Silent & Live Auction**

ATSS board members invite you to join us during the President's Welcome for an evening of food, libation and good company! Meet the ATSS board and staff, meet new people and reconnect with friends. Hors d'oeuvres, tea, and coffee will be provided. A coupon for one free drink will be provided in the registration packet and a cash bar will be available.

That's not all! A Silent and Live Auction that will prove to be entertaining is scheduled during this time. Come early and get your bid in on that item you just can't refuse!



**THURSDAY, APRIL 7**

**7am – 5pm Registration & Courtesy Booth**

**7:30 – 8:30 BREAKFAST FOR THE BRAIN WORKSHOPS**

**Understanding the Certified Trauma Responder Recognition**

**- Jo Halligan**

The Certified Trauma Responder (CTR) designation was created for people who provide immediate trauma intervention through critical incident stress debriefing/management, peer counseling and trauma response. Are you interested in applying for a CTR recognition of being a sponsor for an applicant? This workshop is designed to address questions about requirements for the CTR recognition, re-certification requirements and CTR Sponsor responsibilities. The application packet will be reviewed. Application packets as well as sponsor packets will be provided.

**Overcoming Grief through Creative Healing**

**- Grace K. Taylor, Sherry M. Todd & Alex E. Dryden**

Participants will learn ways to use their own creativity to provide grief counseling for people of all ages. Participants will have the opportunity to participate in hands-on activities that they will develop in the workshop. Participants will learn to incorporate phases of the CISM debriefings into their grief sessions. They will learn ways to solicit support from their agencies and how to develop successful groups.

**The Mental Health Professional as a Crisis Consultant**

**- Tonya Slawinski**

Training in mental health provides the basis for the provision of crisis response. However a good response requires the professional to utilize a skill set that is not necessarily part of everyday clinical work. Crisis response also takes the professional out of the office and into the environment of the client that they will serve, thus testing traditional boundaries that are readily adhered to in an office setting. The purpose of this workshop is to examine the role of the mental health professional as a consultant, how it is both similar and different than the role of the clinician. Setting appropriate goals and objectives for the client and identifying how providing crisis response in a business setting may differ from other venues.

**Tsunami Aftermath Part I - Developing a Cadre of Sri Lankan Trauma Responders**

**Moderator: Kathy Regan Figley**

**Panelists: Jim Hussey, Devon Tayler, Kirk Fasshauer**

On January 1, 2005 Green Cross received a request from Sri Lanka Cricket to train cricket players, umpires, coaches and other sports professionals in trauma response. The Green Cross/Sri Lanka Cricket trauma response "model" is one of partnership, development and support. In general terms the model has three components: Training, Assessment/Readiness and Field Trauma Support. *Tsunami Aftermath Part 1* focuses on the challenges and successes of training laypersons in trauma response. The five day training session, facilitated by an international team of Green Cross volunteers, focused on trauma response basics and self care. As a result of the positive impact in the field, a second training was held for another 20 people, facilitated by three Sri Lankan Trauma Responders who had served in the camps and

one Green Cross member. This training incorporated the experiences in the field and was also highly regarded.



**9:00 – 10:30 PLENARY**

**Staying Balanced 101: Living with Resiliency and Creating Resilience**

**- Charles Figley**

Professor Figley will review recent research on the role of ego resiliency, a personality trait, and the role of resilience (a state-dependent variable) in the face of adversity as it applies to trauma workers. The distinction is important and represents a new way of approaching the training and supervision of trauma workers. Among other things, he argues that we must accentuate their strengths and overcome their weaknesses of trait-dependent resiliency as well as to build state-dependent resilience to help trauma workers work more effectively without the predictable costs of caring



**10:30 – 11:00 BREAK**

**11:00 – 12:30 WORKSHOPS**

**Interventions for Youth & Children: A Different Perspective**

**- Laurie Pearce**

Children may witness traumatic situations (e.g., motor vehicle accident); may be victims of a traumatic action (e.g., violence); or may be involved in a major disaster (e.g., earthquakes). Most interventions include talking with children about an unpleasant experience in an open and responsive way. However, there is little empirical data re: prevention models for children and researchers have pointed out that many current models do not take into account the various developmental stages of children nor their vulnerability to trauma, nor have they been tested or evaluated. While certain types of interventions do appear beneficial, until models have been properly evaluated, what interventions can we use so as to minimize the likelihood of harm? The purpose of this workshop is fourfold: (1) to gain a better understanding of how children & youth respond to trauma and disasters; (2) to present three approaches to intervention for pre-schoolers and young school-aged children, older school-aged children, and adolescents; (3) to provide participants with an Assessment Tool to assist practitioners determine the appropriate intervention; and (4) an opportunity to practice an intervention model. This highly participative presentation will include: (1) the importance of involving parents and primary caregivers in the intervention for young children; (2) the need to use trusted adults in leading group discussions with older school-aged children; and (3) application of the "Carol Hacker" model for adolescents.

**Traumas of Law Enforcement Death**

**- Jean Hill**

THIS WORKSHOP will provide information on the proper response of a law enforcement agency to a line-of-duty death. Information will be provided in all areas, i.e., notification of survivors, funeral protocols, and appropriate response of the law enforcement agency after the funeral. Appropriate protocol for defusing and debriefings will be covered in detail. Information will include timing of interventions as well as types of interventions that have been proven both appropriated and productive for this type of event. Participants will be provided information and "hands-on" practice in situational scenarios regarding line-of-duty death. Additionally, the workshop will focus on appropriate methods for working with survivors after the funeral is over. Law enforcement agencies historically have done a less than adequate job of keeping survivors involved in the law enforcement family after a line-of-duty death.

**Enhancing & Integrating Resources**

**- Denney Kelley**

This workshop is designed to look at typical EAP systems and Health Care providers used by employers. Very often Traumatic Incident Teams, employers and employees underutilize these resources. Through a model taught in the workshop, attendees will learn how to employ the strengths and capabilities of these systems. The model shows students how to identify specific individuals in their provider systems who focus on their industry and how to improve the relationship with them. Additionally, the model creates a method where employees can self-select mental health professionals, from the provider list, that provide them the best "fit". Finally, the course will cover the importance of providing specific training to EAP providers and mental health professionals, which will enhance their understanding and ability to work with employees in your organization.

## **PTSD & Disability**

**- Penny Acrey**

People with disabilities in general are at greater risk for developing Post Traumatic Stress Disorder. Furthermore, they are not only less likely to be assessed for trauma, but are more likely to have their symptoms attributed to the disability itself. Often people with disabilities do not meet diagnostic criteria for PTSD, since their symptoms do not appear to be the result of a single traumatic incident. About twenty percent of the general population has some type of disability. It crosses culture, gender ethnicity, and all other forms of human variation. This information is vital for clinicians and all trauma professionals. This workshop will explore the unique intersection of PTSD and disability through lecture and an interactive exercise. Societal response to disability as well as individual worker bias will be discussed.

## **Domestic Violence: Critical Issues & Response Strategies**

**- Karen L. Bune**

This session will discuss the cycle of abuse, abuser characteristics, and victim impact. The linkage between domestic violence and stalking will be discussed and critical issues including legal, medical, economic/financial, social and personal will be considered. The necessity for response strategies that include effective utilization of safety devices are essential in working with victims of domestic violence. Education, communication, and collaboration are important factors that will be discussed. Ways and means to develop and implement broad-based community involvement will be reviewed including law enforcement and the criminal justice system, emergency medical services, public health, faith-based initiatives, educational institutions, employer intervention, public and private sector participation, and citizen involvement. A comprehensive and practical knowledge base along with skill development will be presented that will enable participants to effectively deal with victims who are traumatized by the impact of domestic violence.

## **What's Eating Your Clients? Solving Trauma-Related Eating Disorders**

**- Jessica Setnick, Kelly Coutee & Shannon Purtell**

Because normal eating behavior is disrupted by stress, trauma survivors often experience disturbed eating attitudes and behaviors. Our goal is to elucidate the connection between traumatic stress and eating, and explain why trauma counselors may be seeing a disproportionate number of eating disorders in their client population even if that is not their area of specialty. For these clients, abnormal or "disordered" eating is not just a symptom of post-traumatic stress; it can also become an additional disorder and an entrenched unhealthy coping mechanism. Poor nutrition can impair the efficacy of psychotherapeutic interventions and psychoactive medications, and therefore hinder recovery and healing. Yet at the same time, an eating disorder serves as an adaptive behavior and cannot be forcibly removed without serious repercussions. This workshop will provide insight to trauma professionals of all kinds into the connections between trauma and eating disorders, including anorexia, bulimia, and binge eating. Topics will include assessment of disordered eating behaviors as they relate to the patient's readiness for counseling; developmental factors, boundaries, and ego states in

trauma clients with eating disorders; the impact of relational trauma on eating disorders; treatment strategies and referral guidelines for other needed interventions.

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**12:30-2:00 Networking & ATSS Committee Luncheon** **Tickets - \$15.00**

This luncheon provides opportunities to learn about ATSS' many committees and help you decide which committee you may wish to serve. Committees include **Membership, Certification, Fundraising, Publication & Newsletter, International & Cultural, Ethics, and Education & Training.**

**Network** - with other organizations and learn the type of trauma services they provide and how you can be a part of their organization. Organizations include: **Traumatic Incident Reduction, K-9 Disaster Relief, Concerns of Police Survivors (COPS), Team HOPE, the National Center for Missing & Exploited Children, Thought Field Therapy, International Chaplain Academy, and Academy of Traumatology.**

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**2:15 – 3:45 WORKSHOPS**

**Supporting Families of Missing Children: Intervention Modality & Program Development (Part I)**

**- Duane T. Bowers & Abby Potash**

This workshop presents and discusses in detail one of the intervention modalities used when providing mental health support to parents and families of missing children. This model introduces seven tasks that the parents and family as a whole strive to accomplish; Re-Establish Structure, Accept The Temporary Absence, Identify Current Roles And Expectations Of Child, Review Of Personal Beliefs Of The 'Status' Of The Missing Child, Feel Through The Pain Of The Absence, Uncertainty/Fear And Guilt, Accept Dual Perceptions Of Life, and Create A Long-Term Coping Structure That Integrates Both Perceptions. Once participants have an understanding of the model from the discussion, a review of the programs of the National Center for Missing and Exploited Children (NCMEC) will be presented with a discussion of the relativity of the model of intervention to these programs, and to the over all **NCMEC** philosophy. Next, one specific program of NCMEC, Team HOPE, will be presented, promoting a discussion of its peer support services offered by volunteers who have had or still have missing children to parents of missing children in reference to the intervention model. A **Team HOPE** member will share her experience of having a missing child and the impact this trauma has had on her and her family. The session will conclude with a question and answer opportunity for participants in reference to the model, **NCMEC** and **Team HOPE**

**Death Notification with Professionalism & Compassion (Part I)**

**- Kent Laidlaw**

This workshop will be interactive and is intended to provide a step-by-step method of delivering death notifications. It will start by showing how the notifier can prepare for the delivery of the message by rehearsing and working with a partner while gathering any available information about the recipient. Participants will: learn how to evaluate the information provided and to assess if it is sufficient for the circumstances, discuss how mental health professionals or volunteers can work together with law enforcement personnel, learn how to introduce themselves into the situation, learn how to conduct themselves when in the home or office of the recipient, will develop an awareness of those things that are appropriated to say, as well as those things that can cause discomfort or additional pain, learn how to exit the situation after offering ongoing or future support if appropriate, watch a demonstration of how to debrief self and partners after the event to ensure well-being.

**Psychodrama: Treating Trauma Survivors with Action Methods (Part I)**

**- Glenn Sammis**

Psychodrama is a therapeutic modality utilizing action methods. It utilizes guided dramatic action to examine the impact of traumatic events on the lives of individuals. The methodology then searches for a means to relieve emotional, spiritual, and psychological bumps in the participant's road of life. Psychodrama is based on the concept that creativity is to be fostered and will enable participants to more effectively respond to the trauma that occurs in their lives. When an individual has experienced trauma, they may lose direction in life. Psychodrama enables participants to develop new personal roles in life that enable them to reestablish equilibrium and normalcy. This workshop will provide participants with new methods of viewing trauma as well as providing them with another effective means in which to therapeutically respond to the traumatized. The workshop is experiential in nature and invites the involvement of participants.

### **Council on Sex Offender Treatment (Part I)**

**- Allison Taylor & Lisa Worry**

In 1983 the need for the creation of the Council on Sex Offender Treatment was identified due to the rising rate of sexual crimes and extremely high recidivism rates for untreated sexual offenders. The Council has four primary functions: 1) regulatory by maintaining registry of sex offender treatment providers and establishing the rules and regulations regarding the treatment of sex offenders, 2) public and behavioral health by treating sex offenders, 3) public safety by administering the civil commitment of sexually violent predators and preventing sexual assault and 4) educational by disseminating of information regarding the management of sex offenders to the public. This legal mandate is an innovative domain of the law. These functions may appear superficially different, however in reality if these functions were separated it would be deleterious to public safety. The Council's functions are synergistic with maintaining the highest level of public safety and preventing sexual assault through effective treatment and interventions in the management of sex offenders.

### **The Spiritual Autobiography: A Tool to Spiritual Healing & Growing**

**- Richard Patterson**

This workshop provides an introduction to the spiritual autobiography. This is a useful tool to address the spiritual aspects of a person's response to trauma. It is also useful for the personal growth of the trauma therapist and can assist in preventing burnout. The workshop is experiential and will make extensive use of journaling, video and audio input and guided imagery. Topics particularly relevant to the issue of trauma will include: becoming a wounded healer; philosophy of suffering; coping with the "why" question; experiences with prayer and the unanswered payer; experiences of spiritual brokenness; resentments and forgiveness; and images of the God of one's understanding. In addition, the spiritual autobiography with its emphasis on actions will give clarity as to what one really believes rather than what one says one believes. This workshop is ecumenical in approach with no particular religion emphasized. Participants will leave with the beginnings of their own spiritual autobiography as well as an understanding of its relevance to issues to trauma.

### **After Domestic Violence: Reconciling Love, Vows & Safety for Recovery**

**- Gwen Bain**

A strong nurturer may desire a strong protector/provider to gain a safe environment to nurture. A potential partner may present as being willing to protect and provide to gain favor, then hijack a nurturer's values to exert abusive power and control. When domestic violence victims present for counseling, their ability to be alarmed by true danger may be dulled by a belief that marriage vows are forever, or by strict adherence to a submissive role. The victim often presents as confused, hurt and hopeless. Receive a list of biblical references supporting personal value and growth that expose warped beliefs. Giving the opportunity to explore the importance placed upon living authentically and modeling that for children, often readies a client to hear possible solutions. Receive a tool to help a client identify what it means to grow to their full potential within a safe environment, and how implementing these steps brings recovery from trauma.

This workshop will: use simple graphics to show how an abuser hijacks traditional family values, demonstrate how warped traditional roles can endanger families, and provide attendees an opportunity to practice reconciling family values, safety issues for post trauma recovery.

**3:45 – 4:00      BREAK**

### **4:00 – 5:30 WORKSHOPS**

#### **Supporting Families of Missing Children: Intervention Modality & Program Development (Part II)**

**- Duane T. Bowers & Abby Potash**

Description above under Part I.

#### **Death Notification with Professionalism & Compassion (Part II)**

**- Kent Laidlaw**

Description above under Part I.

#### **Psychodrama: Treating Trauma Survivors with Action Methods (Part II)**

**- Glenn Sammis**

Description above under Part I.

#### **Council on Sex Offender Treatment (Part II)**

**- Allison Taylor & Lisa Worry**

Description above under Part I.

#### **The Other Get Well Card: Medical Trauma Recovery**

**Chandana Becker**

Who among us has no medical trauma? From birth to death, life threatening medical conditions, invasive treatments, and routine procedures occur that may result in traumatization. A sense of helplessness or powerlessness in medical patients commonly occurs with diagnosis of serious or catastrophic illness (cancer, heart disease); routine treatment that induces terror upon contemplation for certain individuals (filling a dental cavity, vaccination or injection); invasive medical procedures (burn, fracture, severe laceration treatment, cauterization or abortion, surgery (whether emergency, elective, pre-planned and accepted as necessary), and anesthesia (especially general anesthesia either anesthesia of insufficient anesthesia). One or multi-medical traumas affect the brain's threat-recognition/threat-response survival system, producing trauma-related bodily, emotional, and behavioral symptoms that may persist long after tissue injury or treatment ends. Trauma-related symptoms reflect disruptions in the normal activation-response-deactivation cycle of the survival system. Observe multi-modal, body-centered interventions to promote stabilization, restore the normal internal rhythm/cycle, and respond to somatic, autonomic, CNS, and energetic cues of incomplete survival responses to dispel shock, prevent traumatization, and resolve medical trauma. Surgery preparation and follow-up, pain syndrome treatment, and client avoidance of needed health care and self-care will be discussed. Cases addressing and resolving aspects of medical trauma will be shared. Trauma healing techniques demonstrated, and trauma healing body awareness facilitated via partner exchange.

#### **Calming the Body/Easing the Mind: Helping Survivors of Domestic Violence**

**- Missy Iski**

This workshop will inform participants of the outcome of domestic violence trauma on both the body and the mind. Therapeutic interventions need to help clients deal with the physical and psychological results of trauma. Participants will learn a variety of techniques to work with the body so that they might assist their clients in this area, thereby enhancing a sense of physical safety and control with the client. In addition, cognitive approaches will be shared including information from cognitive-behavioral interventions as well as EMDR. Participants will also

learn how to integrate both cognitive and physical therapeutic approaches. Case examples will be utilized throughout the presentation as well as experiential exercises to illustrate the information provided.

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**7:00 – 9:00 Dinner with Rosa Ramirez Guerrero  
(Tickets \$40.00)**

Our presenter for the evening, Rosa Ramirez Guerrero, is an international folkloric dancing ambassador for all that is good and right in the world; Rosita Ramirez Guerrero makes audiences laugh, cry, and move as she weaves unforgettable messages into spellbinding performances. She is an artist, educator, humanitarian, and dance historian who has danced her way far and wide by the humble and the great with the purpose of uniting all cultures and all peoples. Chances are you have not seen a performance like this and will not want to miss the opportunity to experience the talents of Ms. Guerrero. As she writes in *Celebrating Diversity & You*, "We are the threads that are woven into a multicultural tapestry, the fabric of American life. We are the notes in a chord of music . . . if all the notes were the same, there would be no harmony, no real beauty . . . because harmony is based on differences, not similarities."

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**FRIDAY, APRIL 8**

**7am – 1pm Registration & Courtesy Booth**

**7:30 – 8:30 BREAKFAST FOR THE BRAIN WORKSHOPS**

**Understanding the Certified Trauma Specialist Recognition**

**- Jo Halligan**

The Certified Trauma Specialist (CTS) designation was created for counselors, clinicians, and treatment specialists who provide individual, group, and/or family counseling and/or intervention. Are you interested in applying for a CTS recognition of being a sponsor for an applicant? This workshop is designed to address questions about requirements for the CTS recognition, re-certification requirements and CTS sponsor responsibilities. The application packet will be reviewed in detail. Application packets as well as sponsor packets will be provided.

**No Villains – Putting an End to the Cycle of Abuse**

**- Melody Brooke**

The Cycle of Egocentrism, the process that drives the abuse cycle, is based on blame and shame through identifying a villain. The Cycle of Compassion, the heart of religion and philosophy, is the way out. The Wall of Grief is the reason we cannot live naturally from for Cycle of Compassion. The move into compassion requires processing long feared feelings that we have worked to avoid. Attributing blame to someone or something (finding a villain) helps us avoid the work of feeling loss and grief. The work of moving out of the Cycle of Egocentrism is an arduous path. Without making the shift and facing the pain of our unprocessed grief, we are stuck in the Cycle of Egocentrism's painful throes with no hope of relief. The counselor's role in ending the cycle of abuse lies in assisting clients in making this paradigm shift. This workshop provides the model and experiential processes that allow clients to make this shift. Specific counseling techniques and the role of counter-transference are addressed.

**Tsunami Aftermath Part II - Trauma Services in Camps for Sri Lankans made Homeless by the Tsunami**

**Moderator: Kathy Regan Figley**

**Panelists: Kirk Fasshauer, Devon Tayler**

*Tsunami Aftermath Part II* focuses on Assessment/Readiness and Field Trauma Support. A Team of eight newly trained Trauma Responders and four Green Cross volunteers went into the field and visited camps in the Matara area. The purpose of these visits was to meet the Camp administrators, to introduce the trauma response program and to offer the services of our trauma Responders. After these visits our Cricket Aid hosts arranged for formal invitations into several camps. Sri Lankan Trauma Responders and Green Cross volunteers worked in the field at two camps for a total of nine days. The Trauma Responders' role was to listen to the people in the camp in a calm, "neutral" way -to provide the opportunity to talk about what they needed to be said. Over the course of the days in the Camps people trusted the responders with both their experiences with the tsunami and troubles/challenges since. Everyone was clear the role of the Trauma responders was to listen, support and encourage resilience rather than to counsel or give advice. Green Cross volunteers were present to support the Trauma Responders and their work. Green Cross volunteers left the country on Feb. 11th after the 2nd training with confidence in the Trauma Responders -support from the Green Cross Foundation is ongoing.

## **Pet Facilitated Therapy Interventions**

**- Yvonne Eaton & Mandy Fauble**

This innovative workshop will assist practitioners in developing the knowledge and skill to effectively utilize pet facilitated therapy interventions. Pet facilitated therapy has become a widely researched treatment modality, with results demonstrating the intervention as highly effective in a variety of areas and settings. This workshop will describe the benefits of and research as they apply to mental health treatment and will also provide strategies to utilize pet facilitated therapy with a variety of presenting issues including: trauma, grief, stress management, feelings identification and expression, self esteem, anger management, family changes, health management, social skills and responsibility. Interventions with both adults and children will be outlined.

### **9:00 – 10:30 WORKSHOPS**

## **Chaplain's Role on a Critical Incident Scene**

**- Sterling Claypoole**

A chaplain can be a vital asset on any and all Critical Incident Scenes when properly trained, prepared and of the understanding of needs for that scene. This workshop is designed to introduce the Introductory and Intermediate Chaplain to several facets of his role on differing critical incident scenes. Due to the nature of different emergency scenes and the proper protocol for the scenes as determined by incident command and other elements the Chaplain can function to enhance the effectiveness of the responders and create alternatives for the victims and/or survivors. Another aspect of this workshop will introduce and encourage the Chaplain to become aware and familiar with the nature of certain Critical Incident Scenes. A third objective of this workshop is to give the needed understanding to the Chaplain of the preparation and ground working with the different agencies prior to any Incident scenes. The final objective will be to give the needed understanding of adequate follow-up care for victims as well as the Responders.

## **Examination of the Effects of the CISM Model of Fire/Rescue Professional**

**- J. DeGaglia**

This investigation is comprehensive examination of one intervention (the defusing) the Critical Incident Stress management (CISM) Model on fire/rescue professionals. The examination is composed of 139 participants (at the time of this writing, data is still being collected) in a Pre- and Post- format. The investigation involves both surveys and an instrument (the Multiple Adjective Affect Checklist-Revised, MAACL-R) with a demographic questionnaire. In order to further address any concept of "re-traumatization" interviews have been conducted (with more to be performed and analyzed by the time of the conference).

## **Nerves of Steel: Factors in Psychological Resilience**

**- Tania Glenn-McIntosh**

In today's world, it is mandatory for emergency service employees, military members and professionals who work in the field of trauma to develop and maintain strong psychological resilience. Psychological resilience is developed over time and through healthy coping practices, and is distinctly different from simply becoming hardened or immune. This workshop is designed to address the factors that both contribute to and challenge the development and maintenance of personal psychological resilience. Case studies and videos will be utilized in order for students to experience the many ways in which resilience develops and occurs.

## **Trauma Response in the School Setting**

**- Michelle Nietert**

Using knowledge and experience from work in psychiatric hospitals, private practice, and the school setting, Michelle Nietert, certified Trauma and Loss School Specialist, will focus on understanding trauma and trauma recovery stages, give examples of working with student survivors and their peers in the school setting, walk participants through three case studies involving a suicide, accidental drowning, and family shooting, and finally discuss trauma training for school professionals and working with community resources. Handouts and access to actual paperwork related to managing trauma in the school setting will be provided.

## **Annihilation Anxiety, Identity & Loss: Healing from Trauma (Part I)**

**- Dawn M. Brett & Alan S. Brett**

Fears of being destroyed or "Annihilation Anxiety" is due to the extreme nature of Traumatic Event(s). The survivor attempts to stand on this shifting foundation and tries to make sense of their reality. "Trauma" destroys a sense of safety and drastically alters how Trauma survivors view the world, the future, other people, and themselves. Survivors are changed forever because of the Traumatic Event(s). Bio-psychosocial theories suggest that identity is formed throughout the lifespan. With the experience of Trauma, "identity" regresses to the first aspect of identity development, trust versus mistrust, and affects all aspects of relating with oneself and the world. Using a Developmental Trauma approach, we suggest ways of helping survivors heal. Paced exposure therapy of life experiences beginning with birth to the present time has proven to be very effective in allowing the unspeakable to be aired. By using a developmental approach it allows the person to understand their reaction(s) to the trauma in the context of their lives and begin the path of healing. Using a developmental trauma approach allows the survivor to examine the stages of identity development throughout the lifespan and offers the development of a healthier identity.

## **Rape Trauma: Effective Models & Interventions (Part I)**

**- Shea Alexander & Lynn Piper**

This workshop presents some effective approaches to working with survivors of rape trauma. One approach presented is the Turning Point Model, which is based on a Stage-By-Dimension Model of trauma therapy. This model of treatment consists of three stages, which are: I) The Initial Assessment, Therapeutic Alliance, and Safety Issues; II) The Treatment Phase; and III) Reconnecting. Stages will be conceptualized and discussed using case examples. Another focus will be presenting other intervention techniques that have been demonstrated to be effective with rape survivors, as well as some experiential components that can be utilized when treating survivors of rape. Strategies utilized within this presentation will include cognitive, behavioral, role-play, guided imagery, and others. The presenters will also briefly indicate whether or how the treatment differs for sexual assault survivors and adults molested as children survivors.

**10:30 – 11:00 BREAK**

**11:00 – 12:30 WORKSHOPS**

**Rapid Transformation of Emotional & Somatic Memory in PTSD**

**- Steven Vazquez**

This workshop focuses upon some of the most difficult challenges in treating PTSD and offers a new paradigm of treatment - Emotional Transformation Therapy™. Issues such as 1) how to rapidly access dissociated material, 2) How to efficiently process emotional distress, 3) How to relieve "somatic memory", 4) How to avoid "flooding" of affect and re-traumatization. These issues and more will be addressed through lecture and live demonstration of this new practical modality for change. ETT™ utilizes visual brain stimulation techniques in conjunction with expressive psychotherapy to achieve unprecedented access to implicit memory and rapid relief of emotional distress. Research on the use of light stimulation for the treatment of seasonal affective disorder (S.A.D.) has verified that the neurotransmitter serotonin is a factor in the benefits of light therapy. ETT™ expands upon this idea by using the empirically validated factors of 1) eye movement techniques, 2) interpersonal empathy, 3) lateral visual brain stimulation, 4) photic driving or visual brain entrainment 5) color stimulation for mood sensitivity, and 6) Peripheral eye stimulation. This powerful synthesis offers a new level of treatment for PTSD

### **Traumatic Loss in Adolescents & School Response**

**- Sterling Claypoole**

This workshop focuses on the adolescent population of victims that endure many traumatic situations. Adolescents who have to work through differing traumas deal with more than what adults face. Because adolescence is a physically, mentally, and emotionally changes time span in life, traumatic losses can create severe problems if not handled correctly and effectively within this workshop the understanding of handling school settings for adolescence to work through losses will be delivered. Practical methods and approached will be discussed for all ages of adolescence. The understanding of team effort will be developed for the effectiveness of handling traumatic losses on the adolescent realm. The Team concept is one that has to be developed in the local community prior to any critical event occurring. How to set up the team, who should work with the team and differing component of the team, will be addressed. This workshop is about preparing to assist adolescents through the issues of traumatic loss on the personal and social

### **Is Stress Debriefing Harmful? A Critique for the Cochrane Review**

**- John Durkin**

Post-incident stress debriefing has been challenged as an effective crisis-intervention tactic following a series of studies carried out in the United Kingdom under the Cochrane Review; one conclusion suggested that it may even be harmful. Despite references to Mitchell's (1983) original formulation, Critical Incident Stress Debriefing (CISD) has been generalized in the studies to describe a variety of interventions and categorized as 'psychological debriefing'. Given the specific role of CISD within a comprehensive crisis intervention framework, the implications of employing a discredited component within that framework appear potentially serious. This workshop will review the critical literature to establish the validity of the findings by examining the theoretical basis, methodological rigor and ethical standards applied by the researchers. The relevance of the conclusions to the practice of CISD will be discussed. Additionally, a simple tool, based on social-support theory, will be proposed as a measure of efficacy in crisis-intervention.

### **Trauma Intervention with Women in Same-Sex Relationships**

**-Tania Zulkoskey & Deidre Goudriann**

Trauma intervention for women who have experienced violence in lesbian relationships needs to take into account the specific issues inherent in same-sex relationships. Understanding the complex dynamics that impact trauma recovery is essential for crisis intervention and longer term therapy. Identifying the differences in heterosexual domestic violence and same-sex relationship violence is essential for addressing the unique characteristics of traumatic stress for women who identify in this diverse population.

## **Annihilation Anxiety, Identity & Loss: Healing from Trauma (Part II)**

**- Dawn M. Brett & Alan Brett**

Described above under Part I.

## **Rape Trauma: Effective Models & Interventions (Part II)**

**- Shea Alexander & Lynn Piper**

Described above under Part I.

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**!!FREE AFTERNOON!!**

**Or You Can Attend:**

**A Special Presentation Offered by Green Cross & the Academy of  
Traumatology  
(Details Below)**

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**1:00-3:00**

**Tsunami Response - Sri Lankan Sports Hero's trained as Trauma Responders  
in Sri Lanka: Lessons Learned**

**Charles R Figley**

**Panelists: Kathy Regan Figley, Doug Williams, Jim Hussey**

On January 1, 2005 Green Cross received a request from Sri Lanka Cricket to provide trauma training to laypersons who would be working in camps for Sri Lankans made homeless by the tsunami. (See descriptions of Tsunami Aftermath Parts I and II.) On January 11, the first Green Cross volunteers (certified in Field Traumatology or equivalent certifications) arrived in Sri Lanka to begin laying the groundwork. On January 21 the first class of 79 laypersons graduated, followed by a second class of 20 which graduated on February 11. This presentation will include the practical challenges of training laypersons from another culture in the aftermath of a catastrophic event to be effective trauma responders; and organizational lessons learned when deploying an international team 9,000 miles from headquarters.

**1:00 – 7:00 ATSS Board Meeting**

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**7:30-8:30 EVENING WORKSHOPS**

## **Traumatic Consequences of Captivity**

**- Joyce Braak**

The accumulated research from many different disciplines and areas of interest provide the scientific evidence that supports recognition of the inordinate pathogenic power of the captivity experience. The symptoms of traumatic stress can be severe, enduring, and cause extreme dysfunctions that hamper all of the activities associated with human agency, and impede our efforts to provide empathetic help with psychological healing. Because captivity constitutes daily ongoing traumatization the damage done to function is more severe than that resulting from a single incident or disaster. Captivity is not uncommon in today's world, but is suffered by many categories of victims. The chains and bars that are invisible to the naked eye appear to be the most destructive. This workshop will examine how the captivity experience destroys functions and erodes identity, making simple tasks terrifying and impossible. Even consent for treatment may be beyond comprehension for a captivity survivor. With greater awareness of the shattering effects of captivity, we, the traumatic stress specialists, can change our assumptions and expectations to avoid doing added harm to survivors of the captivity experience. This session will enhance that essential awareness.

## **No Guts No Glory: Treating Irritable Bowel Syndrome**

**- Chandana Becker**

Irritable Bowel Syndrome affects over 42 million Americans. Clients with IBS and other bowel disorders appreciate effective, non-invasive methods for re-establishing self-regulation. Learn about the prevalence, typical symptoms and course of IBS. Learn about natural, alternative treatment interventions that draw on the body's capacity for self-regulation. Mind-body health, head-gut dynamics, conditioned stress responses of the enteric nervous system; viscerally held survival energies from previous, unresolved traumatic experiences will be discussed. Multi-modal Trauma Healing concepts and techniques that address the health of the whole person will be demonstrated and described. The importance of restoring natural rhythms to the nervous system, identifying and addressing external and internal stress response triggers, teaching clients' activation management for prevention and on-going self-care, and re-connection with joy and humor for good old belly laughed will be covered. Body psychotherapy cases with IBS clients will be presented, fundamental methods of Trauma Healing demonstrated, and experiential explorations conducted. This promises to be a Gas!

## **Spiritual Beliefs of Major Religions: Traumatizing or Healing?**

**- Beverly Hill**

With a focus on beliefs concerning tragedy, causality of evil, culturally taught dependence of our body for our personal worth, and personal responsibility for what happens to us, the traditional teachings of Christianity, Hinduism, Buddhism, Native American Beliefs and New Age Beliefs will be non-judgmentally reviewed. Beliefs concerning the interaction of deity will humans will be touched upon. Erroneous and potentially harmful teachings that are frequently held by sub-groups, such as the shameful of sex, will be identified and teachings that will foster victim recovery will be presented. In the case of Christianity, specific Biblical references will be given. Questions that might be sensitively posed to victims to expose potentially harmful beliefs will be developed. Participants will discuss their own religious-based beliefs concerning such issues as repayment for past sins and their level of identification with their bodies. Opportunity for peer feedback will be given.

## **Contemporary Traumas: What Every Mental Health Professional Should Know Post 9/11**

**- Ginny Sprang**

The reality of the new millennium in America includes the possibility of terrorism on the home front. In years past, the nation's primary avenues of exposure to such acts were more limited to wartime catastrophes on foreign soil and media coverage of international acts. Beginning with the 1995 bombing of the Alfred P. Murrah Federal Building in Oklahoma City, Americans first began to realize the potential for disaster and acts of terrorism in this country. On September 11, 2001, these realizations and associated fears were solidified, and the attacks on the World Trade Center, the Pentagon and the subsequent Anthrax threats have since called into question our assumptions of safety and security. This workshop is meant to present information regarding issues faced by adults and children exposed to events of terrorism and disaster or the threat of terrorism and disaster, and explore potential reactions and obstacles related to the management of a bioterrorism event, in particular. The training will focus on surveillance and early detection, crisis response, early intervention and ongoing post-terrorism specific treatment.

## **Saving Lives: Norfolk Public Schools Suicide Prevention Program**

**- Grace K. Taylor, Sherry Todd & Alex Dryden**

Suicide has reached epidemic proportions among adolescents in the United States today. Suicide is the nation's third leading cause of death from adolescents 15 to 24, and the fourth leading cause of death among teens 10-14. Suicide rates have reached epidemic proportions in cities and counties across America. Norfolk Public Schools is a 35,000 student, 60 building urban system, located in Norfolk, Virginia. Norfolk is also home to a large military population. In 2001, NPS implemented a district wide Suicide / Depression Program. Staff and students participate in training, education, and screening. The staff participates in "QPR- Question,

Persuade, Refer” Gatekeeper suicide prevention training. The student program has two components a presentation / discussion on depression and suicide, which incorporates a power point presentation and video and is followed by a screening questionnaire. Participants will view a portion of the program that the NPS Safe Schools Counselors present to students. An interactive discussion about participant concerns regarding confidentiality, parental permission, and implementing the program through the curriculum. Participants will be able to address individual concerns, specific programs, and explore means of developing a program in their area.

### **The Child Animal Bond: Animal Assisted Therapeutic Interventions**

**- Cindy Ehlers**

Animal-Assisted Therapy (AAT) enhances rapport and generates calming affects with even the most difficult and traumatized children. Specific applications of AAT including PTSD, anxiety and depression. Research regarding the psychological physiological benefits of human-animal interaction. A certified therapy/crisis response dog will offer a live demonstration at this presentation, including an experiential exercise on interpreting body language. Psychologists, social workers, counselors, marriage and family therapists, nurses and nurse practitioners, occupational therapists, physical therapists, recreational therapists, play therapists, speech-language pathologists, and anyone who works with individuals who suffer from possible abuse or neglect will find this presentation beneficial. Each participant will receive written materials prepared by Cindy Ehlers that are designed to serve as a helpful learning aid and useful resource tool.

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### **SATURDAY, APRIL 9**

**7am – 5pm Registration & Courtesy Booth**

**8:30 – 9:30 BREAKFAST FOR THE BRAIN WORKSHOPS**

**Certified Trauma Service Specialist**

**- Jo Halligan**

The Certified Trauma Service Specialist (CTSS) designation was created for people who provide immediate trauma intervention, crisis support, advocacy, or victim assistance. Are you interested in applying for a CTSS recognition of being a sponsor for an applicant? This workshop is designed to address questions about requirements for the CTSS recognition, re-certification requirements and CTSS Sponsor responsibilities. The application packet will be reviewed. Application packets as well as Sponsor Packets will be provided.

### **Stress Healing & Recovery through the Pursuit of Our Dreams**

**- Syntha West**

After a blunt traumatic event, one needs a phase to debrief, a reminder “this too shall pass”, a place to go to learn how to relieve some of the lingering stressors and painful reminders of life’s most unpleasant moments and finally returning to a period of equilibrium. Rather than resorting to prescription pain pills and/or other substance escapes, how about learning how to make a dream come true?! This focusing on the momentary fantasy brings powerful surges of strength, the possibilities of the unreachable within grasp, and the inner peace that comes from knowing one’s best self lies right under the surface waiting to be tapped. The presenter will demonstrate many examples of how dreams can and do come true with having the right state of mind and being in the right place at the right time. Too, she will prove dreams can come in all shapes and sizes take all sorts of different directions, and yet all lead to the same “magical” goal and outcome i.e., happiness, fulfillment, and moving toward that self-actualization direction of finding one’s best potential. Realistic dreams only happen in special moments in time, so we must **“STRIKE WHILE THE IRON IS HOT!”**

### **Emotional First Aid: Emergency Remedies for the Soul**

**- Nancy Day**

Presented in lay language, this informative and highly interactive workshop includes easy-to-learn remedies for addressing injury, illness, traumatic stress and emotional shock. Workshop participants will find many opportunities to use these remedies, as recipients of the remedies need only a minimal amount of instruction to be able to work with the practitioner in using them. At the completion of the workshop, participants should be able to: recognize the early stages of trauma in the body, distinguish between sympathy and empathic listening, and employ Emotional First Aid Remedies successfully. One of the remedies is called Conversational Remedy, which is a brief form of Traumatic Incident Reduction (TIR) which can be used to reduce emotional charge on-the-spot, when conditions cannot be met for using the standard TIR technique. All the remedies in this workshop are simple, practical and intuitive. For those who want an in-depth study of the philosophy behind these remedies, that can be found in the book *"Beyond Psychology: An Introduction to Metapsychology"*, by Frank A. Gerbode, M.D. Dr. Gerbode is one of the principal developers of Traumatic Incident Reduction (TIR).

**Doing Your Tarasoff Duty Safely**

**- Joyce Braak**

This workshop will provide clear understanding of what exactly the Tarasoff duty is, how it came to be, how it impacts what we can promise and how we are required to discharge this duty. Because confusion about this duty can place providers in legal jeopardy, this workshop will provide clear comprehension of this duty and very practical information about how to safely and sufficiently discharge this legally recognized duty. Real life cases will be discussed in detail. The concept of legally protected "privilege" regarding confidentiality in trauma practice will also be presented and discussed with opportunity for participants to ask questions from their own experience, their own cases.



**10:00 – 11:30 PLENARY SESSION**

**"If We Do Live In A Merry Go Round World, How Do We Put More Merry And Less Serious Into It?"**

**- Chris Johnson**

*Back by popular demand*, Mr. Johnson presents a lighthearted and sometimes thought provoking look at humor and humanity in our personal and professional lives.

Yearly Flu Shot...\$14.00 - Monthly Gas Bill...\$64.00 - Trip to the Dentist...\$464.00  
2 hours with Dr.Laugh...**Priceless!**



**12:00 - 2:00 AWARD's LUNCHEON (Courtesy of ATSS)**

The Award's Luncheon is ATSS' annual recognition of people and organizations that have recruited members, written articles, volunteered for ATSS, or sponsored others for certification. We invite you to join us during this luncheon provided by ATSS to publicly recognize people/organizations in the following categories:

- Certification Sponsor for the Certified Trauma Responder, Traumas Specialist & Trauma Service Specialist
- Editor's Award
- Individual Membership Recruiter
- Organization Membership Recruiter
- Carol Hacker Volunteer Award



**2:15 – 3:45 WORKSHOPS**

**Beadwork: Mending the Broken Ties in Native American Families**

**- Patricia Holbrook**

*"Beadwork" represents the act of intention to weave together patterns that are unique, but also blend in a way that creates a work of healing art that, at its base, is spiritual in nature and connected to the core of human possibilities.* A discussion on the trauma that still exist with the Native communities that directly affect the well being of the family structure and the spiritual growth of a unique and resilient culture. The workshop will focus on developmental, spiritual, and transformational models of therapy that weave well with the multiple levels of traditional healing practices among today's Native families. The workshop will also touch on the current research regarding the physiological aspects of trauma and how this somatic experience plays out in Native American's ability to regulate the demands of their internal struggles toward wellness within the external Western environment. The Presenter will discuss models of healing that include relaxation and stress reduction methods from many cultures that facilitate the regulatory system that assist the individual to understand what is happening when stress and trauma are present. Describe the concept of the circle where ideas are not separated and categorized as they are within the linear paradigm we operate in within the Western society, and how weaving a pattern that includes all methods together will guide counseling models to be culturally competent and appropriate for working with trauma within the Native community

### **Disasters in the Lives of Children: Crisis Intervention Techniques**

**- Frank Shane**

On September 17, 2004, Hurricane Ivan took aim on the Northern Panhandle of West Virginia. Children were in school, oblivious that the heavy rain would cause major flooding and mudslides as the Ohio River began to crest 10-feet above flood stage. Some elementary schools were forced to evacuate. Months after the death, devastation and carnage, children still cope with the traumatic loss of friends, possessions and their home. As the six month mark approaches; many are presenting with symptoms similar to Post Traumatic Stress Disorder. A consultant to the Department of Homeland Security/Federal Emergency Management Agency, K-9 Disaster Relief Foundation was contracted by the West Virginia Department of Health & Human Resources, Project Recovery, to provide Canine Disaster Relief Services through "K-9 for Kids." This innovative program provides crisis intervention in schools with a handler trained in critical incident stress management. The canine provides a sense of safety and security. The children align with the handler, accepting him or her as a trusting friend. This alignment enables children to unmask their feelings and talk about fear and isolation. Psychologists, counselors, CISM and other professionals, with or without a canine, will learn unique crisis intervention skills and techniques.

### **Understanding the Trauma of Sexual Assault: A Primer for Interveners & Caregivers (Part I)**

**- Chrys Parker & Glenn Sammis**

This frank and factual workshop provides intervenors and caregivers of all levels the practical tools needed to understand and provide immediate post-traumatic care for survivors of sexual assault. It is highly useful for crisis intervenors, nurses, social workers, law enforcement officers and therapists. This presentation includes an excellent overview of trauma theory, but goes farther by explaining in detail how theory must be put into practical application with sexual assault victims. Special emphasis is placed upon intervention in the 48 hour time period immediately following the assault. Areas examined and explored include: 1. The unique mindset of the sexual trauma survivor: what makes this trauma different from all others, how it is experienced differently both psychologically and medically, what are its special psychological, physical and spiritual ramifications and how may these be ameliorated by immediate intervention, what medical and evidence gathering procedures are involved. 2. A practical "toolkit" for intervenors at all levels, e.g.: algorythms for care, integrating trauma and medical intervention, collateral interventions with families and significant others. 3.

Recommendations for self care: "real world" protocols for avoiding secondary and tertiary traumatization.

### **Community Crisis-Dealing with Terrorism, Sniper Attacks & Mass Trauma (Part I)** - Karen L. Bune

This session will discuss events of mass trauma that include terrorist attacks and sniper episodes. Effective crisis response to victims of mass traumatization will be discussed. Emphasis will be placed on the importance of proactive participation in the planning, procedures, and implementation of strategies to deal with such incidents in communities throughout the country. Professionals will obtain a greater understanding of the critical role they can play in these instances and how they can prepare and plan for events of mass trauma. Emphasis will be placed on the necessity for a proactive stance as well as ways professionals can be at the forefront of homeland security planning and preparation. Participants will gain knowledge of programs and facilities that should be in place (i.e. family assistance centers) and the integrated, coordinated efforts that must ensue, on their part, to ensure effective response to mass crisis and traumatic victimization their communities.

### **Mind/Body Therapies (Part I)**

- Michael Yeager

This workshop will inform participants of complementary energetic counseling strategies that incorporate the natural healing energy systems of the body and mind. These strategies have been used in the U. S. for at least the past 30 years. They were taken from Chinese medicine and western chiropractic medicine. They rely on acupuncture and applied kinesiology as the primary modes of treatment. The meridians are stimulated in particular sequences to assist the client to release their attachments to pain or to emotional or addictive problem. We will practice applied kinesiology or muscle testing to test our treatments at the end of the sessions and other appropriate times. If you are a results oriented therapist then this course is a MUST.

### **Trauma Response in a Walk-In Clinic (Part I)**

- Phillip Perry & Terry Waterland

This half day seminar uniquely addresses significant loss experienced by clients who have encountered suicide, accidental death and terminal illness. Embraced within a compassionate framework the intervention allows for release of anguish while respectfully assisting clients engage in meaningful decontamination rituals. The model used is transformative more than reflective. The outcomes experienced will be recounted using five circumscribed examples of acute significant loss. The Approach: An overview of how trauma effects us emotionally, mentally and physically will be presented as it is done with clients. A step by step solution focused recovery approach combined with competency mapping is then used. This is generally accomplished within a brief therapy (five sessions) framework endeavouring to practically guide clients towards a sense of capacity to move beyond the traumatic event. Participants will have the opportunity to actively participate in decontamination rituals as well as uncovering unique solutions based on competency mapping.

**3:45 – 4:00 BREAK**

**4:00 – 5:30 WORKSHOPS**

### **Life Skills: Strengthening Our Clients & Ourselves for Trauma Work**

- Marian Volkman

This presentation consists of a balance between theory and practical material. A sampling taken from this the book, Life Skills: Improving the Quality of Your Daily Life, by Marian Volkman, will be covered in detail, with the emphasis on application. All of us have skills for living. Mastering new skills is a life long pursuit and one that can make life much more enjoyable. Clients who come to us for help with the effects of traumatic stress are usually in a more fragile or sensitive condition than they were before traumatic events impacted their lives. Many of us have learned survival skills that we teach clients to help them to cope and to calm

and sooth themselves when things get rough. Some life skills go beyond the coping variety into practical knowledge that can be used throughout life to increase its quality (pleasure, understanding, relatedness with others) on an on-going basis. Applied Metapsychology, the larger subject of which Traumatic Incident Reduction (TIR) is a part, contains a wealth of material that can be used in this way. This presentation and the book on which it is based make this material more readily available and more easy to use than ever before.

**An Introduction to Group Embodiment Processes for Trauma Survivors**  
- Lynn J. Piper Kenneth Sewell

The workshop will introduce attendees to several experiential embodying processes related to group therapy with trauma survivors. Attendees should already posses a working knowledge of theories related to group processes, as specifics of theories will not be presented in detail. The workshop will briefly present information related to factors of change related to group work, such as instilling hope, universality, providing information, and altruism. Next, the presenters will engage attendees in experiencing and reflecting upon group activities that can be utilized in group therapy with clients who have been exposed to traumatic event(s). The group processes will focus primarily on the body's experience in relation to the traumatic event and the therapeutic reconstruction of that event. Some components can also be used in other general therapy groups. Attendees should be prepared to fully engage in the experiential components in order to benefit most from them and to enhance their own use of the experiences in their work.

**Understanding the Trauma of Sexual Assault: A Primer for Interveners & Caregivers (Part II)**  
Chrys Parker & Glenn Sammis

Described above under Part I.

**Community Crisis-Dealing with Terrorism, Sniper Attacks & Mass Trauma (Part II)**  
- Karen L. Bune

Described above under Part I.

**Mind/Body Therapies (Part II)**  
- Michael Yeager

Described above under Part I.

**Trauma Response in a Walk-In Clinic (Part II)**  
- Phillip Perry & Terry Waterland

Described above under Part I.



**6:30 – 8:30 PIZZA PARTY! (Courtesy of ATSS)**  
A popular event for ATSS conference attendee! Come early & stay late! This informal gathering promises to have plenty of pizza (including vegetarian!) soft drinks and great company!