

Florida Counseling Association in Partnership with Jacksonville University
Presents:

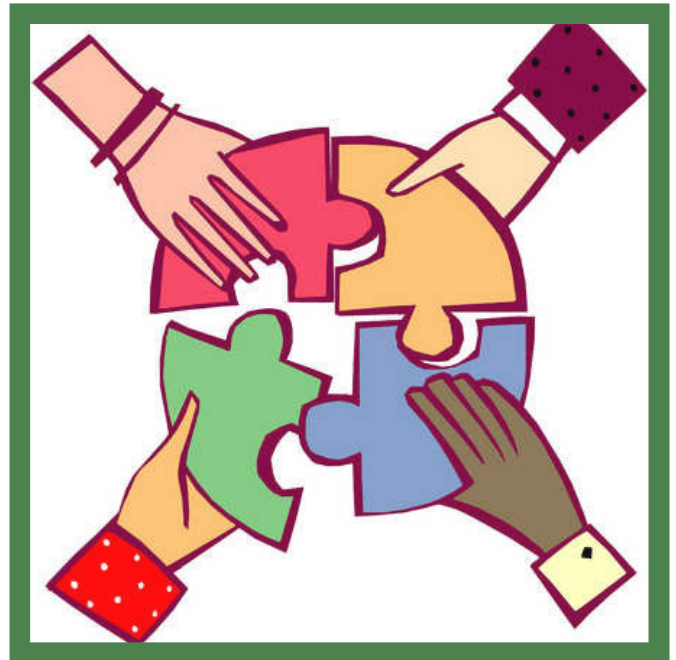
4TH ANNUAL TRAUMATOLOGY SYMPOSIUM



CONNECTING THE PIECES

HEALING THROUGH
CULTURALLY
SENSITIVE TRAUMA-
INFORMED CARE

JACKSONVILLE UNIVERSITY
SCHOOL OF APPLIED HEALTH
SCIENCES



Brooks Rehabilitation
College of Healthcare Sciences
JACKSONVILLE UNIVERSITY





Greetings Attendees,

It is with great pleasure that I extend a warm welcome to you all and a heartfelt thank you for attending the Florida Counseling Association's (FCA) 4th Annual Traumatology Symposium where this year's theme is "Connecting the Pieces: Healing Through Culturally Sensitive Trauma-Informed Care." This year, we moved the program to the Jacksonville, Florida community in partnership with Jacksonville University's (JU) Counselor Education program.

There were several tragedies that have occurred within the state of Florida this year from shootings, natural disasters and the continued efforts to support the communities of Orlando and Parkland, Florida with regards to the mass shooting that occurred. As a result, it is important that counselors, counselor educators and supervisors, and other mental health professionals are prepared to effectively and ethically work with victims, family members and other stakeholders in affected communities. Consequently, this has driven us to offer this program as an opportunity to support the aforementioned professionals by providing education and training.

Jacksonville, Florida is a military community, and there are a number of servicemen, women and their families that have also been impacted through trauma. We have incorporated educational sessions within this year's program to provide education with regards to some of the ways that individuals are impacted within this realm. It is our hope that every topic that is presented will support, enlighten, and provide the educational content necessary for each of your professional and even personal needs.

In closing, I'd like to extend a huge thank you to Dr. Letitia Browne-James and Mrs. Michelle-Bradham-Cousar for chairing this event this year. Dr. Shon D. Smith who has served as this year's Symposium Consultant and Volunteer Coordinator, Ms. Iris Soto who has graciously and selflessly provided her talents to create the program booklet. Dr. Eric Davis and his team Proposal Committee and all of the other FCA leaders who volunteered their time and efforts. Finally, we would also like to thank Jacksonville University, Counselor Education Department and Drs. Whitney George and LaTonya Summers who have worked alongside us to ensure that the program is a success. We hope that each of you enjoys this service effort to the community.

Kind Regards,

Cecilia L. Guyton, Ed.D., LMHC
President, Florida Counseling Association (FCA) 2018-19
Treasurer, American Rehabilitation Counseling Association (ARCA) 2018-20
Licensed Mental Health Counselor (FL)
Qualified Mental Health Counselor Supervisor (FL)
Adjunct Professor
(863) 777-9108 [Mobile Office]
Perfection is unattainable, but if we chase perfection, we can catch excellence. -Vince Lombardi

Be so good they can't ignore you. -Steve Martin



Dear 2019 Traumatology Attendees,

It is with great pleasure, pride, and humility that I welcome you to the Florida Counseling Association's 2019 Traumatology Symposium on the beautiful campus of Jacksonville University (JU) in Jacksonville, FL. As professional counselors or counselors-in-training, we know that various and combined traumas adversely and pervasively impact the lives of persons in our communities and beyond including those we serve and those who have not yet made it to us for counseling services for many reasons. Hence, we are gathering here for this symposium, themed: "Connecting the Pieces: Healing Through Culturally Sensitive Trauma-Informed Care," to learn the most current best practices in recognizing and treating trauma. My hope is that you will feel more refreshed and empowered when you leave than you did before attending the symposium.

I would like to thank Dr. Cecilia Butler-Guyton (Current FCA President), Mrs. Michelle Bradham-Cousar (Symposium Project Manager), Dr. Eric Davis (Proposal Committee Chair), Dr. Shon Smith (Symposium Consultant and Volunteer Coordinator), Toni Freund (FCA's Office Manager), Ms. Iris Soto (Program Booklet Developer), all the 2019 FCA Traumatology Planning Committee and FCA members who helped to execute this critical community event. I would like to extend a special thank you to Drs. Whitney George and LaTonya Summers and their Colleagues in JU's Counselor Education program for their sponsorship and support in executing this year's symposium. I wholeheartedly thank all the symposium presenters and volunteers for their commitment to professional scholarship and service.

Since the Pensacola/Jacksonville area has most of Florida's U.S. Military bases, I would be remiss not to acknowledge our military service members and their families. As the spouse of a veteran (U.S. Army), I can relate to how challenging and rewarding military life can be and would like to thank you for your service and sacrifices. Finally, thank you to all the symposium attendees and my counseling colleagues who work tirelessly from a trauma-informed lens to help our clients and community members live healthier lives.

Respectfully,

Letitia Browne-James, Ph.D., LMHC-S, NCC
2019 FCA Traumatology Symposium Coordinator



Greetings Traumatology Attendees!

Welcome to the Florida Counseling Association 4th Annual Traumatology Symposium in Partnership with Jacksonville University School of Applied Health Sciences "Connecting the Pieces: Healing through Culturally Sensitive Trauma-Informed Care." The Symposium is a phenomenal community public service training effort designed to empower Florida professional counselors who work diligently in the area of trauma. Get excited! The symposium partners enthusiastically promise to meet your professional development needs.

While in Jacksonville, if time permits, please take the opportunity to visit the many beautiful attractions. Explore the urban parks or treat yourself to the Catty Shack Ranch, Cummer Museum of Art and Gardens, Jacksonville Zoo and Gardens, or spend an hour or two or three in the very impressive historic Riverside/Avondale district. Jax culture has it all! Enjoy your time here!

Be well,

S. Kent Butler



The Florida Counseling Association Foundation enhances counselors and counselors-in-training ability to be culturally competent service providers through the provision of professional development opportunities, leadership training, and social justice advocacy. The Foundation's vision is to provide professional counselors with evidence-based educational opportunities and financial resources to promote the well-being of the Florida Counseling Association and our constituents throughout the State of Florida.

2019-2020 - Board of Directors

S. Kent Butler, Chair
Michelle Bradham-Cousar
Cecilia Guyton
Carolyn Jones
Kristina Knight
Maria Schaeffer
Shon Smith

FRIDAY, MAY 17, 2019

REGISTRATION 8:00AM-5:00PM

Location: DCOB 001

Presidential Educational Session 9:00am-10:00am

A New Way of Grounding and Deactivating Triggers for Trauma Clients

Presenters: Betsy Walter, MA, LMHC, & Alicia V. Allen, MEd, MSW

Location: DCOB 165-171

Sometimes clients suffering from complex trauma are resistant to established mindfulness-based grounding techniques, such as paced breathing. In this session, participants will: 1. Recognize when complex trauma is the barrier to overcoming dysregulation; 2. Learn The 7 States of Being, a new stabilization intervention for clients suffering from complex trauma; 3. Be provided instructional materials to facilitate The 7 States of Being.

Educational Sessions 9:00am-10:00am

Emotional Trauma

Presenters: Katheryne Puentes, MS & Cecilia Tarnoki, MS

Location: DCOB 216

Having the client take a step at a time to focus on their trauma narrative and what it means to them, what their thoughts are and where they are today. Also focusing on TF-CBT protocol, TF-CBT checklist as well as focusing on CPT protocol to incorporate within therapy to use as a tool with trauma focused clients. Attendees will benefit from this program because they will be educated on a protocol but also noticing the clients body language, emotions and how they are communicating is extremely important.

Answering the Individual Need: Re-thinking Addiction Recovery in People Who Struggle with Trauma

Presenters: Gelawdiyos Haile, MS & Everette Coffman, MS

Location: DCOB 159

This presentation will focus on viewing addiction recovery in people who struggle with trauma through idiosyncratic and developmental lenses. The presentation will address the following three objectives: how Health Daily Platter (HDP) activities could be a viable framework that promotes mental well-being and optimal functioning past trauma in an individualistic and culturally sensitive way; why we need to shift from surviving to a thriving mindset; and what methods can be used to build recovery capital, including how HDP activities could systemically be used to maintain quality of life in recovery and sustain sobriety.

When Prayer is Not Enough: The Significance of Trauma-Informed Congregations and Faith Communities

Presenter: Magnolia Hood, M.S.Ed, LMHC

Location: DCOB 114

When we look at the mission of the church, we can all agree that the idea of the church of today is vastly different than that of a decade ago. The demand for pastoral care and assistance with various issues, many having origins to trauma and mental health issues is increasing (Potgieter, 2015). In Christian contexts there is a biblical mandate for Pastors, and those in the Christian community to bear the burdens of others (Galatians 6:2 New International Version). Leaders of faith communities then can be assigned a role of helping to increase the resiliency of persons in the community that have had traumatic experiences (Baldwin, 2018). It is historically known that the church is the cornerstone of minority (black) communities and that persons of color rely heavily on the church to support them in various ways. Due to this, it has become essential that the church develop and embrace the use of a trauma-informed lens when providing support to their congregants. Incorporating aspects of spirituality into treatment may be effective; but therapists often lack the ability to merge such interventions into clinical practice (Johnson, Williams, Pickard, 2016).

Growing Up Gay: Trauma Surrounding Coming Out in the LGBTQ+ Community

Presenters: Michael Nunes, MA & Jay Stein, BA

Location: DCOB 128

"Coming Out" or disclosing your sexual orientation or gender identity to another can be a monumental moment in the lives of LGBTQ+ Individuals. The range of emotions that people within the community can experience during the process is vast - from relief to terror. Within this session we will discuss different scenarios, resources, and ways to work with people within the LGBTQ+ Community to construct "coming out plans" and assist them within their own personal journey.

Break 10:00am-10:15am

Presidential Educational Session 10:00am-11:30am

Becoming A LGBTQ+ Inclusive Mental Health Professional

Presenter: Chasity Chandler, MA, LMHC, MCAP, ICADC, CST, CDWF

Location: DCOB 128

During this presentation participants will begin to identify the gaps in trauma-informed care as it relates to the LGBTQ+ population and the various intersectionalities. They will have a review of terminology and the dos and don'ts when working with those within this community and gain a better insight into what it's like to live in a heteronormative world. Cultural competency, inclusivity and ethical implications will also be discussed. This presentation will be an interactive workshop that will infuse activities that will engage hands on learning and increase practical clinical skills.

Educational Sessions 10:15am-11:15am

Caring for Bereaved Military Families After Suicide Loss

Presenter: Carla Stumpf-Patton, Ed.D., LMHC, NCC, FT, CCTP

Location: DCOB 216

This presentation will focus on the postvention care offered to bereaved military family members after the suicide death of an Armed Forces Service Member.

Intimate Partner Sexual Violence: Awareness and Research

Presenters: Britney Che Williams, MS, Rosalind Goodrich, Ph.D., & Rena Davis

Location: DCOB 159

This presentation will increase awareness of Intimate Partner Sexual Violence (IPSV) by reviewing existing literature and sharing results from a recent study. Clinical implications and directions for future research will be discussed.

Reducing Traumatic Effects of Military Deployment and Reintegration

Presenter: Tom McCormick, M.Ed., LMHC, NCC

Location: DCOB 165-171

There are approximately 1.3 million service members in the military, 55% are married, and 43% have children. There are approximately 1.2 million military children experiencing their parents' deployment and changing installations 6-9 times during their school careers, with 41,000 of those children experiencing a parent's death, injury or illness while deployed. Deployment and reintegration of military families is a major concern for not only the families, but also the counselors who assist them with the stress of reintegration. Military stressors are unique in that they may encompass death, divorce, separation, finances, children's behavior problems, employment, childcare, etc. This session will address the unique needs of the military family and their culture, as well as opportunities for counselors to work with the military and family members.

KEYNOTE SPEAKER 11:30AM-12:45PM

Trauma: The Insidious Parasite
Carmen Stein-McCormick, Ph.D., LMHC-S, CCMHC, NCC



Carmen Stein-McCormick, Ph.D., LMHC-S, CCMHC, NCC

Dr. Stein-McCormick is a full-time private practitioner in Brandon, Florida as well as faculty at Capella University in the Clinical Mental Health Counseling School of Counseling and Human Services and in South University's Psychology Program. Dr. Stein-McCormick is a graduate of the University of South Florida Counselor Education and Supervision Program. She has been practicing as a clinical psychotherapist for the last 30 years specializing in trauma, psychopharmacology and military issues. Her research interests include trauma, military reintegration, MST, ADHD in children and adults and dual exceptionality in Gifted children. She has published a reintegration monograph for the military and has contributed to numerous textbooks and has been invited internationally to speak on Ethical Military Counseling.

Dr. Stein-McCormick has first-hand experience working with the military as she is a Veteran of the US Army, her Husband, Tom McCormick is Navy retired, and they have a daughter in the Texas Air National Guard. Dr. Stein served as the Deputy Director for the Psychological Health Program in the Army reserve. She also had numerous opportunities to train colleagues in trauma and resiliency under The Center for Excellent in Washington, DC. Most recently, she became a part of the Veteran's Choice and is providing private treatment for Veterans in her private practice. She also participated in the Military and Family Life Counselor Program (MFLC) which has taken her all over Europe, Korea and most recently, a year in Alaska working with service members and their families.

Lunch/ Networking/ Book Signing 12:45pm-2:00pm

Presidential Educational Session 1:30pm-3:00pm

Nurturing the Nurturer: Self-Care Strategies for Trauma-Informed Counselors
Presenters: Elisa Niles, MA, LMHC-S, NCC, CCTP & Tia Negal, MS, LMHC, NCC, CCTP
Location: DCOB 165-171

This workshop will increase knowledge and awareness for professional counselors and supervisors who work with trauma survivors, and ways to incorporate trauma-informed care approaches, self-care strategies to mitigate compassion fatigue, vicarious trauma, counselor impairment, and burnout.

Educational Sessions 2:00pm-3:00pm

Program Development: Counselor Education in Crisis and Trauma
Presenters: Katie Maslowe, Psy.D., Steven Vensel, Ph.D., L.C.S.W., & Philip Henry, Ph.D.
Location: DCOB 159

In the past decade, the amount of trauma research and publications have significantly increased. Many therapists went through school with little emphasis on working with individuals who have experienced trauma or how to respond to a crisis. So where do we start with the learning process? In this session, three professors in a graduate counselor education program will share their journey to creating a specialization and certificate in trauma that they believe provides the foundational tenants of comprehensive ethical knowledge and skills to begin treating trauma survivors. They will share what topics they selected, including textbooks and authored texts, as well as how they integrated a spiritual component from both a perspective of understanding the impact of trauma on one's spiritual functioning as well as how spiritually sensitive interventions can be utilized.

Healing Professional Trauma: The Impact of Competence for Transgender Clients

Presenters: Ellis Aldridge, MS & Abbie Rolf, BA

Location: DCOB 216

In this presentation, the presenters will describe the trauma experienced by transgender and gender diverse individuals at the hands of well-meaning mental health providers who may lack cultural competence with this population and emphasizes the importance of basic cultural competence.

Addressing Trauma Culturally and Holistically

Presenter: Beth Anne Swick, M.Ed, LPCC-S

Location: DCOB 128

This 60-minute educational session begins with a hands-on-ice-breaker activity, followed by a PowerPoint presentation addressing evidenced based cultural and holistic approaches that reduce the effects of the different types of trauma. Additionally, handouts of the PowerPoint presentation will be provided for participants to take notes along with handouts that list available resources on cultural and holistic approaches to reduce the effects of the different types of trauma.

Break 3:00pm-3:15pm

Presidential Educational Session 3:15pm-4:15pm

How Can Counselors Avoid Vicarious Trauma?

Presenter: Laklieshia Izzard, Ed.D., LPC, ACS, NCC

Location: DCOB 165-171

Each year more than 10 million children in the United States endure a traumatic event. An estimated 70 percent of adults in the United States have experienced a traumatic event at least once in their lives. The counselors that work with these adults and children have a greater risk of developing Vicarious Trauma (VT) that can result into Secondary Traumatic Stress (STS). Many counselors with VT and STS struggle with the decision to care for themselves or continue their trauma practice. These negative effects can have a widespread impact on the personal and professional lives of counselors. Understanding effective STS coping strategies can assist counselors with caring for themselves while maintaining a trauma practice. We will address these issues in this session.

Educational Sessions 3:15pm-4:15pm

Cross-Culture Trauma Counseling and the Impact of the Differences

Presenter: Dalad Srisuppak, MS, LMHC-S

Location: DCOB 216

Understanding the perspective of cross-cultural trauma counseling will help counselors become more sensitive and increase their level of awareness related to the personal perceptions of the trauma process with clients from a variety of cultures. Counselors will increase their level of knowledge in working with clients from other cultures that seek counseling and familiarize themselves with the barriers that may prevent clients from seeking the professional help they need.

Evidence-based Trauma-Informed Prevention Strategies in School Settings

Presenter: Chloe Lancaster, Ph.D.

Location: DCOB 128

Although school-based helpers work as prevention specialists in their schools and play a critical role in providing mental health first aid to students, they seldom receive dedicated training in efficacious trauma-informed prevention and struggle to understand how they can systemically provide school-wide support to mitigate trauma and stress in all student populations. The presenter will identify a tool kit of evidence-based prevention and interventions, all of which fit within multi-tiered system support.

The Neurobiology of Trauma

Presenter: Phil Henry, Ph.D.

Location: DCOB 159

Trauma has both macro and micro change in the physiology of clients. An overall framework of biophysiological interventions will be presented with case studies and new research findings.

Poster Sessions 4:15pm-5:00pm

Location: DCOB 165-171

Exploring Feminism in the Middle East**Presenter: Tonya Zwain, BS**

In the Middle East, women are fighting for basic human rights (Kikoski, 2000). This unique branch of feminism is aimed to survive in a culture that subordinates women and robs them of their voice and freedom. This poster is meant to shed light on the struggles of our feminist sisters in the Middle East and provide qualitative perspectives from a counseling Masters' student, who identifies as a proud Arab feminist, herself. This poster presentation will engage attendees in a collaborative dialogue of the varying views of feminism in the Middle East and ways to support and assist these brave women, with psychoeducational materials and specific evidence-based interventions, through a feminist theory lens.

Trauma-Informed Care and Childhood Abuse: Implications for Individuals with Severe Obesity and Dysfunctional Eating Behaviors**Presenter: Dania Tawfiq, BS**

This presentation will address issues of childhood sexual and physical abuse, as it relates to the incidence of adults with severe obesity and dysfunctional eating patterns. There is evidence to suggest a higher incidence of severe obesity among individuals exposed an occurrence of childhood abuse. This debate is essential to clinicians who are looking to provide the best preventative services to children who are at-risk for developing poor coping mechanisms and eating disorders, leading to life-threatening physical health conditions. This presentation will highlight the benefits of early intervention in children, while the brain is more plastic, rather than reactive therapy in adulthood. This presentation will provide information to clinicians about the negative consequences of childhood trauma, specifically sexual and physical abuse on later severe obesity, food addiction, and binge eating. Additionally, this presentation will provide recommendations to clinicians who are working with adults with dysfunctional eating patterns and the benefits to providing trauma-informed care to address childhood trauma, which will better client outcomes by decreasing severity in eating disorders and recurrence in maladaptive eating patterns. This presentation will also provide recommendations to clinicians who are working with severely obese adults who are seeking therapy prior to bariatric surgery and how to implement trauma-informed practices, which may lead to better weight loss outcomes.

Childhood Abuse and Neglect in Aggressive Juvenile Offenders: The importance of Trauma-Informed Care in the Juvenile Justice System**Presenter: Malaya Monk, BS**

This presentation will include an overview of the current literature related to trauma and aggression in children. Specifically, this presentation will address issues of childhood abuse and neglect as it relates to aggression and later offending. There is conflicting evidence of whether childhood abuse or childhood neglect is a larger predictor of aggression in adolescents. This debate is important to clinicians who are looking to provide the best preventative services to children who are at-risk of aggressive behaviors, which often lead to delinquency. This presentation will provide information to clinicians about the negative consequences of childhood trauma, specifically neglect and abuse on later aggression and delinquency. Additionally, it will provide recommendations to clinicians who are working with the juvenile justice system on how to implement trauma-informed practices.

Narrative Counseling as First Aid for Vicarious Trauma: Lessons from a Level 1 Trauma Center**Presenter: Nancy Rusk, M.Div.**

Stories pack a powerful punch. When it comes to making meaning of traumatic events, telling the story, shaping the story, and making space for the traumatic event in an individual's life story, it shares the potential for creating a hopeful future. For healthcare professionals in an inner-city hospital, vicarious trauma threatens the helper's story that brings meaning to work. This presentation will take an in-depth look at the power of a story in unpacking the pain, powerlessness, and distress experienced by hospital workers within an urban, Level 1 Trauma Center through a counselor/chaplain lens. Narrative counseling techniques have proven to be effective with the hospital's ethnically, educationally, and generationally diverse staff. This poster will describe the narrative techniques that help as well as exploring the power of story as first aid in preventing vicarious trauma.

The Relationship Between Trauma, Attention-Deficit/Hyperactivity Disorder, and Oppositional Defiant Disorder**Presenter: Evelyn Martinez, BA**

It has been found that those with a preexisting Attention-Deficit/Hyperactivity Disorder (ADHD) or Oppositional Defiant Disorder (ODD) diagnosis could be at risk for trauma exposure. Trauma and PTSD symptoms may also exacerbate ADHD and ODD symptoms. Those with a comorbid ADHD and ODD diagnosis are more likely to be victims of past trauma and have a PTSD diagnosis. It is important for those who work with these populations to understand the relationship between trauma and ODD/ADHD, and the symptoms that parallel.

Integration of Trauma Based Education in Counselor Education Programs

Presenter: Stevie VanAusdale, Ed.S.

There has been a growing understanding of the prevalence of traumatic experiences among the population worldwide with demands for trauma competent clinicians. This presentation evaluates current research on trauma, trauma informed care, and how trauma informed care is taught to masters' level counselor education students. As well as provide a conceptual plan to infuse trauma informed care into four CACREP courses.

Breaking the Cycle: Techniques to Curb Childhood Abuse Victims Becoming Perpetrators

Presenter: Alexander Fields, BS

Victims of childhood abuse endure inconceivable traumas. Throughout their formative years, child victims of abuse are exposed to a myriad of violent acts, whether emotional, physical, or sexual, carried out on them and those around them. Albert Bandura's Social Learning Theory (1977) posits that individuals learn through observation. This interactive poster aims to explore the behaviors that would allow child victims of child abuse to be susceptible to engaging in predatory behaviors as adults and interventions to extinguish these behaviors with the goal of ultimately breaking this cycle of abuse.

SATURDAY, MAY 18, 2019

Registration 8:00am-11:00am

Location: DCOB 001

Presidential Educational Session 9:00am-10:00am

Foundations of Treating Trauma

Presenter: Patrick Powell Ed.D., NCC, LMHC (FL), QCS, LPC (TN)

Location: DCOB 165-171

Trauma as a human condition has existed for the length of our existence, though we have used different terms in different cultures. The terms we recognize have changed as has treatment. However, our most modern forms of trauma treatment are built upon some basic principles. The focus of this particular training is to educate the audience about some base aspects of trauma treatment including theories, client factors, and treatment factors.

Roundtable Sessions 9:00am-10:00am

Sandtray as a Culturally Sensitive Tool for Healing Trauma

Presenter: Kimberly Allison, MS, RIST, CCTP-II

Location: DCOB 159

Come play in the sand as we explore a creative trauma treatment. Whether you are an expert or just curious to learn something new, please join me as we reflect on information regarding Sandtray as a modality for the treatment of trauma. We will explore its origins, effectiveness, and creating a culturally sensitive space. I will share personal stories including use of Sandtray with MSD clients. It is not only an a culturally diverse modality for the treatment of trauma, but is appropriate for all ages.

Secure Attachment: A Missing Link in Those that Abuse Substances

Presenters: Everette Coffman, MS & Gelawdiyos Haile, MS

Location: DCOB 128

This presentation is focused on viewing substance abuse through an attachment lens and the affects that familial trauma has on attachment systems. Attendees will learn about how attachment styles develop throughout the lifetime and how these systems can be an area to be explored when working with familial trauma in relation to substance abuse.

Break 10:00am-10:15am

Presidential Educational Session 10:00am-11:30am

Military Sexual Trauma: Clinical Implication for Transitioning Veterans

Presenter: Carmen T. Stein, Ph.D., LMHC-S, CCMHC, NCC

Location: DCOB 165-171

An estimated 20,300 active duty members were assaulted in 1 year; 1% were men and 4.9% women. Women were more likely to experience multiple assaults- often being described as hazing or intended to humiliate the women. Military Sexual Trauma (MST) is an insidious assault that paralyzes and destroys men and women. Working though MST must be a multifaceted approach in order to address not only the assault, but also the military retaliation and moral injury. During this session we will hear the stories of MST victims and the clinical approaches that helped them transition into civilian culture.

Educational Sessions: 10:15am-11:15am

Caring for the Bereaved: A Trauma-Informed Approach

Presenter: Carla Stumpf-Patton, Ed.D., LMHC, NCC, FT, CCTP & Kim Burditt, BS

Location: DCOB 128

TAPS (Tragedy Assistance Program for Survivors) has been dedicated to providing peer-based grief support and resources to military families with a trauma-informed approach since 1994. This session will share information from best-practices in peer support and trauma-informed care guidelines specific to bereavement after the death of a military service member.

L.O.V.E Communication Principle for Teens

Presenter: Jessica Gaffney, MSW

Location: DCOB 216

Want to improve communication and strengthen relationships between teens and the adults in the lives with fast results? Learn how to reduce tension in the office, classroom and home life by using this 4 step acronym for Love (Listen. Observe. Validate. Encourage) Works well with stressed homes and blends with trauma informed care.

Posttraumatic Slave Syndrome- The Legacy of Historical Trauma

Presenter: Portia Allie-Turco, MS, NCC, LMHC

Location: DCOB 159

Post Traumatic Slave Syndrome PTSS is a theory developed by Dr. Joy DeGruy whose research posits that centuries of chattel slavery in the United States, followed by systemic and structural racism and oppression, including lynching, Jim Crow laws, and unwarranted mass incarceration, have resulted in multigenerational maladaptive behaviors which originated as survival strategies in African American people. The syndrome continues because of the generational transmission process of historical trauma leading to destructive survival strategies that can be observed today in the descendants of enslaved Africans. This interactive presentation will examine the etiology of PTSS, and provide a framework for successful intervention and treatment.

Break 11:15am-11:30am

Presidential Educational Session 11:30am-12:30pm

Barriers of Poverty: Socio-economic Influences in the Delivery of Disaster Mental Health Services

Presenters: Stephanie K. Scott, Ph.D., LMHC & Maranda A. Griffin, Ph.D., LPC, LMHC

Location: DCOB 128

Poverty is a widespread problem in the United States, adversely affecting individuals' access to opportunity, safety, health, education, and services. Further, there is a stigma attached to living in poverty which can distort the perceptions of those working with individuals in poverty. In this presentation, we will examine the barriers on both sides of poverty and discuss ways to alleviate some of the associated challenges. Using disaster mental health case studies, we will identify ways to improve service access and delivery.

Educational Sessions 11:30am-12:30pm

Breaking the Cycle: First Responders and Trauma

Presenter: Anna Lisa De Lima, MA, LMHC, NCC

Location: DCOB 159

Understanding the unique issues that first responders face due to the nature of their jobs and the trauma they are exposed to is integral in the treatment of this population. Research has found that first responders experience the adverse effects of trauma and are diagnosed with PTSD at much higher rates than civilians. Understanding this culture and knowledge of the recent research on the first responder population can have implications for treatment outcomes. Evidence-based treatment approaches for trauma and PTSD, which are effective with the first responder population, will be presented.

Understanding Why People Die by Suicide

Presenters: Carla Stumpf-Patton, Ed.D., LMHC, NCC, FT, CCTP & Kim Burditt, BS

Location: DCOB 216

Learning more around this subject matter can help individuals better understand suicide as a complex phenomenon. By doing so, we can also help those impacted by suicide- especially all those surviving a loss, including family members as well as clinicians who have lost a client, as they heal through the process. Researchers and suicidologists have come to learn valuable information about people at risk and the suicidal mind explained by the prominent theories around why people die by suicide. This understanding often comes from exploring some of the contributory and risk factors, which can coincide together and result in suicide.

Wrap-up/CEU & Certificate Pickup at Registration Desk-12:30pm-1:00 pm

2019 Traumatology Symposium FAQs

Name Badge- Your name badge is your entrance ticket to all sessions, reception area activities, lunch buffet, etc.

WIFI- Please note that as a symposium attendee, WIFI is provided by Jacksonville University and you will get it during registration.

Parking- A parking tag will be provided to you before your arrival, so please print it so that you can secure parking without a charge from the university.

Meal- Continental Breakfast, lunch, midday snacks, and beverages will be provided throughout the day.

FCA Membership Selection- If you selected an FCA membership when you registered for the symposium, your membership status will be updated for FCA and for the Florida American Rehabilitation Counseling Association (FL-ARCA) network. If you do not see this update, please contact the FCA office directly for assistance updating it.

Continuing Education & Symposium Documentation Approvals and Procedures

All sessions have been approved by the NBCC as an Approved Continuing Education Provider.

Please read the following to familiarize yourself with the process of claiming CEs. At each session you attend you are responsible for:

1. Arriving on time to the desired room as shown on the schedule. If a room assignment is changed, it will be posted on the Message Board. You will be greeted by a certification monitor.

Per the conference approved Credentialing/Licensing Boards, an attendee is allowed only 10 minutes of absent time during each session (including arriving late) to qualify for CEs.

2. Sign the session sign-in sheet at the beginning of each session. Please note, this will only be available for 10 minutes after the start of each session. Print and sign your name legibly and as it appear in your conference registration to avoid confusion.

3. Completing a session evaluation form (this is also your session sign-out). Complete the half-page form in its entirety including the session title and printed your name and the date on the form. Your feedback is important to the presenter (s) and the FCA Symposium Committee.

You must print your name legibly in order to receive CEs on the sign-in sheet as well as the session evaluation form. The certification monitor will distribute the session evaluation form towards the end of the session. There is a 15-minute transition period between sessions to allow you to comfortably complete the session evaluation form and get to your next session. However, please note that the times for the Presidential Educational Sessions that are 90-minutes overlap with the times of the 60- minute general Educational Sessions so please plan accordingly.

4. Hand the completed session evaluation form to the certification monitor as you exit the session. Session evaluation forms will not be accepted if handed in later.

5. Record the titles of the session you attended on the record sheet provided in your envelope. We encourage attendees to maintain a record of the sessions they attend as well as retain the program book for future continuing education credit information.

6. Submit your session sheet for follow up verification. Once all information is verified, you will receive the CEU certification electronically within in a few weeks of the event.

7. Certificates are provided electronically upon request after the symposium.
Thank you for your cooperation in this process!