

2010 Statewide Conference & Awards Luncheon

*Treating the Trauma of our Times:
Healing our Communities, our Clients, and Ourselves*

Friday, March 12th, 2010

8:30 a.m.—5:00 p.m.

Registration 8:00 a.m.

- ⇒ 6.5 CEUs
- ⇒ Keynote Presentation & Breakout Sessions
- ⇒ Awards Luncheon
- ⇒ Networking & Exhibitors

Oregon Convention Center

Meeting Rooms B110-B119

777 NE Martin Luther King Jr. Blvd.

Portland, OR 97232

Exhibitor & Sponsorship Opportunities are Available!

Call 503-452-8420 or jk@nasworegon.org for more information

Keynote Presenter: Ghislaine Boulanger, Ph.D.

Wounded by Reality: Understanding Adult-Onset Trauma

In this keynote presentation, Dr. Boulanger will systematically differentiate between the consequences of adult-onset trauma and childhood trauma. Integrating recent findings in the neurobiology of stress and developmental psychology with contemporary psychodynamic concepts, she will provide clinicians with a comprehensive guide to recognizing the symptoms, understanding the dynamics, and treating adult-onset trauma. Extensive clinical material will be used to illustrate these points.



*Ghislaine Boulanger is a clinical psychologist in New York City and a faculty member at New York University's Postdoctoral Program in Psychotherapy and Psychoanalysis. Her interest in adult onset trauma began in the mid-1970s when she joined a congressionally mandated research team undertaking an epidemiological study of Vietnam veterans. Her findings about the long-term consequences of surviving violence have led to a career of research, writing, and teaching about the psychodynamic causes and consequences of adult-onset trauma. Her most recent book, *Wounded by Reality: Understanding and Treating Adult Onset Trauma*, was published by the Analytic Press in 2007.*

NASW 2010 Statewide Conference

Treating the Trauma of our Times: Healing our Communities, our Clients, and Ourselves

Agenda

Fees

Includes 6.5 CEs, a continental breakfast, luncheon, afternoon refreshments

| Time | Activity | Early Bird Postmarked by 2/26/10 | Late Registration Postmarked after 2/26/10 |
|-------------|---|--|--|
| 8:00-8:30 | Registration & Continental Breakfast | | |
| 8:30-10:30 | Keynote Presentation (2 CEs) Ghislaine Boulanger, Ph.D. <i>Wounded by Reality: Understanding Adult-Onset Trauma</i> | NASW Member Fees: | |
| | | Regular | ___ \$150 |
| | | Unemployed/Retired/Volunteer | ___ \$95 |
| | | Conference Presenter | ___ \$115 |
| 10:30-10:45 | Break | | |
| 10:45-12:15 | Breakout Session (1.5 CEs) | Student | ___ \$65 |
| | | | ___ \$75 |
| | | Non-Member Fees: | |
| 12:15-1:30 | Awards Luncheon | Regular | ___ \$175 |
| | | Unemployed/Retired/Volunteer | ___ \$115 |
| | | Conference Presenter | ___ \$130 |
| 1:30-3:00 | Breakout Session (1.5 CEs) | Student | ___ \$75 |
| | | | ___ \$85 |
| | | Group Rates: | |
| 3:00-3:15 | Break | | |
| 3:15-4:45 | Breakout Session (1.5 CEs) | 3-5 Attendees (per person) | ___ \$135 |
| | | 6+ Attendees (per person) | ___ \$125 |
| | | | ___ \$140 |
| 4:45-5:00 | Evaluations / CE Certificates | Guest Lunch Only | ___ \$30 |
| | | | ___ \$35 |

Registration Form

To register online, visit: www.nasworegon.org/continuing-education/nasw-workshops/

Name _____
 Address _____
 City _____ State _____ Zip _____
 Telephone _____ Email Address _____

Please describe any special needs that require ADA accessibility so that we can best assist you:

Please select your lunch choice: ___ Chicken ___ Vegetarian ___ Vegan

Please select the breakout sessions you plan to attend (see workshop descriptions):

10:45-12:15 (select one) ___ 1-A ___ 1-B ___ 1-C ___ 1-D ___ 1-E
 1:30-3:00 (select one) ___ 2-A ___ 2-B ___ 2-C ___ 2-D ___ 2-E
 3:15-4:45 (select one) ___ 3-A ___ 3-B ___ 3-C ___ 3-D ___ 3-E

Fees:

Registration Fee: \$ _____ Student Conference Scholarship (optional): \$ _____ NASW Legislative Action Fund Donation (optional): \$ _____

Total Amount Enclosed: \$ _____

Participants must be a member of NASW in good standing to qualify for member rates.

Group rates must be paid for with a single check for all participants (please include one registration form per person).

Copy or clip form and mail with payment to: NASW Oregon Chapter, 7688 SW Capitol Hwy., Portland, OR 97219.

Questions? Call 503.452.8420.

For information about the Oregon Convention Center, visit: <http://oregoncc.org/>

Refund Policy: Participants who are unable to attend the event they registered for and contact the Chapter office prior to the event may request a refund minus a 10% processing fee, or a credit in the full amount of the missed workshop towards a future NASW workshop.

Workshop Descriptions

Breakout Sessions (10:45-12:15)

Healing Trauma from the Inside Out (1-A)

Presenter(s): Erika Ruber, LCSW Track: Alternative & Expressive Therapies
This workshop teaches tools to assist clients in becoming grounded, emotionally regulated, and reconnected to their bodies after a trauma occurs. Experience how movement, breath, sound, silence, and awareness can serve to heal the mind and body that has been shattered during trauma. Learn how listening to the body's intelligence helps you be present for clients as they rebuild their sense of self. Open to all levels of physical ability. *Erika Ruber, LCSW, Nia Brown Belt, and Founder of Moving Inside Out, LLC, offers a holistic approach to health and wellness. Integrating clinical Social Work skills with her education in Nia (a body/mind/spirit movement practice), Mindfulness, and Yoga, Erika provides a dynamic and fulfilling experience in her workshops, classes, and private practice. She has developed body-centered wellness programs for the West Linn School District, Street Yoga's Mindful Parent & Caregiver Series, and Morrison Center's Family Sexual Abuse Treatment Program and more.*

Quickly and Successfully Overcome Client Resistance with Energy Psychology (1-B)

Presenter(s): Howard Brockman, LCSW Track: Alternative & Expressive Therapies
One of the most significant contributions to the field of psychology comes from the discipline of energy psychology and is referred to as psychoenergetic reversal. This is easily identified as a form of self-sabotage that can block clients from accomplishing their most important therapeutic outcomes. By addressing psychoenergetic reversal with clients from the very beginning of treatment, therapists can avoid negative countertransference and client resistance which poisons the therapeutic relationship and compromises on-going rapport. *Howard Brockman, LCSW, is a psychotherapist in private practice with over 28 years of clinical experience (as of 2009). He is the director of Dynamic Energetic Healing® International™, an Oregon training institute teaching innovative approaches for dealing with intractable PTSD and other trauma-related clinical issues (with coursework having been approved by NASW for continuing education credits).*

Understanding Relationships Between Psychosis and Trauma (1-C)

Presenter(s): Ron Unger, LCSW Track: PTSD
Research indicates that trauma often plays a role in the development and/or aggravation of psychotic disorders, including schizophrenia. This workshop will provide an overview of possible inter-relationships between trauma and psychosis, and an introduction to using that understanding within a cognitive therapy approach to helping people who have experienced both trauma and psychosis. Practitioners of all skill levels will gain new insights into working with some of the most disorienting aspects of traumatic experience. *Ron Unger, LCSW is a therapist specializing in cognitive therapy for psychosis, working with both individuals and groups. He has given numerous presentations and workshops on cognitive therapy for psychosis, on trauma, and on the relationships frequently found between trauma and psychosis. His presentations emphasize simple, practical, and humanistic ways of understanding and relating to human difficulties that can too easily be perceived as being "beyond understanding."*

Veteran Suicide: Risk, Assessment, and Intervention (1-D)

Presenter(s): Robert Tell, LCSW, Amy Guffey, LCSW, Aimee Coughlin, LCSW, Joe Bertagnolli, MSW Track: PTSD
Veterans in Northern Oregon and Southwest Washington have up to 5 times the risk for suicide as the general population. The suicide prevention team at the Portland VA Medical Center will review the latest information on suicide risk and discuss the VA's suicide prevention program. We will provide the latest information on assessing suicide risk and teach participants how to intervene with an evidence-based safety plan.

Robert Tell, LCSW, is a graduate of the University of Chicago's School of Social Service Administration. He has worked in Community Mental Health and at the University of Chicago Hospitals. He co-authored an article on publication bias in the New England Journal of Medicine and is an Instructor in the Department of Psychiatry at OHSU. Since 2007 he has been the Suicide Prevention Coordinator for the Portland VA serving Northern Oregon and SW Washington. Amy Guffey, LCSW, received her MSW from the University of Missouri. Prior to moving to Portland, she worked in community mental health as well as inpatient psychiatry. Since joining the Portland VA Medical Center in 2003, she has specialized in homeless veteran programs and Dialectical Behavioral Therapy. Currently, Amy is one of the Suicide Prevention Coordinators at the PVAMC. Aimee Coughlin, LCSW, is a proud alumnus of Whit-tier College and the University of Michigan School of Social Work. Aimee's background includes juvenile justice, emergency department psychiatric social work, medical social work and currently works alongside the Suicide Prevention Team at the Portland VA. Aimee serves on the NASW Oregon Chapter Board of Directors and runs a private therapy practice in Northwest Portland. Joe Bertagnolli, MSW, joined the Dialectical Behavioral Therapy team at the VA after his internship, and provides individual and group therapy to a wide range of veterans. Since May 2009, he has been the "clinical face" of the suicide prevention team doing safety plans with high risk veterans and community outreach.

Domestic Violence Surrogate Dialogue: A Survivor-Centered Restorative Justice

Approach to DV Treatment (1-E) *Presenter(s): Carrie Outhier Banks, Ph.D., Gayle A. Sheller, MA, MSW Track: Addictions & Youth/Families*
How can restorative justice principles together with social work values be applied to recovery from domestic violence? Since 2005, Domestic Violence Surrogate Dialogue (DVSD), a survivor-centered program, provides survivors and offenders of domestic violence, who have no prior relationship to each other, a safe, supported opportunity for dialogue. We will examine fundamental requirements for participants, skills for facilitating and supporting a surrogate dialogue, qualitative research results, and the benefits DVSD provides survivors and batterers. We will discuss our recently developed Teen model for Surrogate Dialogue. *Carrie Outhier Banks, Ph.D. is founder of the Domestic Violence Surrogate Dialogue (DVSD) Program. Carrie's doctorate in Conflict Analysis and Resolution from George Mason University included her dissertation, "Finding Their Voice: Observation of the Surrogate Dialogue Program." Her pilot program was supported by the Washington County Community Corrections, the Family Violence Intervention Program, Family Focus Counseling Center, and Dr. Mark Umbreit. In 2005, DVSD became a private, nonprofit agency. Gayle A. Sheller, MA, MSW, DVSD's Program Director since 2007, did her master's thesis on family communication -skills training (Sociology and Communications, U of O). In 1983, she helped found Brethren Housing in Springfield, a shelter for homeless families and for adults with persistent mental illness, now part of ShelterCare, Lane County. After more than 20 years as a pastor, counselor and writer, Gayle completed her MSW in Direct Human Services from Portland State.*

Breakout Sessions (1:30-3:00)

Healing Trauma Effects: Combining Ancient Shamanistic Methods with Social Work Practice for Regaining Mental Health and Personal Empowerment (2-A)

Presenter(s): Jacke Schroeder, LCSW Track: Alternative & Expressive Therapies
Ancient shamans were the social workers of their time: healing, re-establishing and maintaining harmony and balance for their villagers. Today, shamanic talents are desperately needed to heal the spiritual effects of trauma. This workshop teaches social workers how to apply shamanistic practices in social work settings. They will learn how to heal themselves, their clients and their organizations from the effects of trauma by connecting to the guiding spirit of their mission. No experience necessary. *Having 30 years of business and clinical expertise, Jacke serves as a powerful bridge between the two disciplines. As an evolutionary leader, transformative coach, educator and healer, she facilitates life-changing paradigm shifts for individuals and organizations throughout the country. Jacke holds a dual Masters in Administration and in Clinical Social Work, and is certified in Dispute Mediation, Matrix Energetics® and Psych-K®. She is certified by the CA Board of Behavioral Science as a CE provider.*

Yoga Calm®: A Mind-Body Approach to Emotional Healing (2-B)

Presenter(s): Amy Halloran-Steiner, LCSW Track: Alternative & Expressive Therapies
Social workers frequently help children who have experienced some degree of trauma in their lives. Helping children and their families heal can be challenging and exhausting. This workshop presents and demonstrates how nervous system regulation, focusing activities and social-emotional games can complement current treatment approaches while providing stress reduction for therapists. Accessible to all -- no previous yoga background required. *Amy Halloran-Steiner, LCSW, is a Certified Yoga Calm® Instructor. Amy has been helping young people learn self-reflection and self-soothing skills for the past 15 years in therapeutic settings from juvenile detention centers to schools to yoga barns to the coldest peaks in the NW wilderness. She has been doing family therapy since 1999 and has a private practice in McMinnville. She is dedicated to helping families and children thrive both emotionally and physically. Amy's passion about people, optimism for change and knowledge of Yoga Calm makes her a helpful coach and resource to kids and parents.*

Help for the Helper: A Holistic Trauma Toolbox (2-C)

Presenter(s): Susan Pease Banitt, LCSW Track: PTSD
Working with people in crisis presents special problems for therapists and other caregivers. How do we keep ourselves from being traumatized by the trauma we see all around us or by the people we are helping? Drawing on extensive research, Susan will present current holistic first-aid techniques and resources for healing from traumatic experiences to alleviate stress in the provider. Expect to come away with knowledge, protection and renewed vigor in working with traumatized populations. *Susan Pease Banitt, LCSW is a Harvard trained psychotherapist with thirty-five years experience in mental health. She is an expert in traumatic states and alternative healing modalities by virtue of practice, research and her own journey of healing. A sought after speaker, Susan's workshops consistently receive the highest marks by participants. Currently in private practice in Portland, she is writing her first book, "The Trauma Toolbox: Healing From the Soul Out."*

Workshop Descriptions (continued from previous page)

Trauma & PTSD Among Older Foster Youth: Prevalence, Patterns, and Prediction (2-D)

Presenter(s): Thomas E. Keller, Ph.D., Amy Salazar, B.S. Track: PTSD

Experiencing trauma is a precondition for developing PTSD, but little research has identified particular patterns of trauma exposure or examined how these patterns affect the probability of diagnosis with PTSD. This study reports the prevalence of specific traumas among older youth in foster care, uses statistical procedures to identify distinctive patterns of trauma exposure experienced by individuals, and evaluates whether particular profiles of trauma exposure are more likely to result in a diagnosis of PTSD. **Thomas E. Keller, Ph.D.**, is the Duncan & Cindy Campbell Professor for Children, Youth, and Families in the PSU School of Social Work. He is Director of the PSU Summer Institute on Youth Mentoring and the PSU Center for Interdisciplinary Mentoring Research. His research focuses on youth mentoring programs and the experiences of youth aging out of foster care. **Amy Salazar, B.S.**, is a doctoral student in the joint MSW/Ph.D. program in the PSU School of Social Work. Her research interests include trauma and its consequences as well as the educational attainment of youth exiting foster care.

Why Try? Innovative Multi-Sensory Intervention and Prevention Strategies (2-E)

Presenter(s): Karyn Holt, MA Track: Addictions & Youth/Families

This session will provide participants with practical tools to address the social and emotional deficits that often lead to alcohol and drug abuse. The presentation will focus on the importance of teaching social and emotional life skills using “multiple intelligence” methods that emphasize the clients’ learning styles. The presentation will demonstrate the use of visual analogies (pictures), music, and hands-on experiential activities, to teach clients in ways that they will both understand and remember. **Karyn Holt** is President of the Washington Counseling Association and a past President of the Washington School Counselors Association. She is a school counseling program consultant and coordinates trainings for WhyTry, a for profit corporation that provides interventions for at-risk youth worldwide. She also teaches professional school counselors at Gonzaga University. **Karyn** holds a master’s degree in counseling psychology from Gonzaga University and a bachelor’s degree in psychology from Notre Dame.

Breakout Sessions (3:15-4:45)

Resolving Trans-generational Trauma Using Family Constellations: A Liberating Approach for Both Client and Therapist (3-A)

Presenter(s): M. Jane Peterson, Ph.D., Rev. Judith S. Crop, MA, ABS, LPC

Track: Alternative & Expressive Therapies

Join us as we explore ways to access and resolve trans-generational trauma using Family Constellations. We will demonstrate how this unique, systemic, therapeutic stance developed in Europe naturally creates solutions from the larger ancestral field of your client. We will also introduce effective body-based Constellation support and resources that you can immediately use to enhance your practice and share with your clients. This experiential workshop is open to all skill levels.

M. Jane Peterson, Ph.D., M.A., B.A., C.C.H., has trained and presented systemic constellation work in Asia, South America, Mexico, Canada, Europe, and the U.S. In 1999, Jane founded the Human Systems Institute, Inc. The Institute is an NASW approved CEU provider. The Institute is offering its ninth year of training. In 2005, she organized the first U.S. Conference in systemic constellation work. She holds a doctorate in Human and Organizational Systems from Fielding Graduate University. **Rev. Judith S. Crop, M.A., A.B.S., L.P.C.**, holds a Masters Degree in Applied Behavioral Sciences with an emphasis in Systems Counseling, is a Licensed Professional Counselor, ordained Minister, certified facilitator of systemic family constellations, meditation instructor and a Level I Somatic Experiencing practitioner. **Judith** has counseled individuals & couples since 1989. She also owns a healing sanctuary in Eagle Creek, Oregon, where she hosts and presents a variety of workshops and healing retreats.

Narrative Approaches to Trauma and Oppression (3-B)

Presenter(s): Susie Snyder, LCSW Track: Alternative & Expressive Therapies

Trauma and Oppression often play a contributing, if not fundamental, role in the problems that interfere in our clients’ lives. These forces can leave people feeling tremendous personal failure and shame that can be reinforced by treatment that focuses on individual pathology rather than contextual aspects of problems. This workshop will demonstrate three narrative interventions that are respectful and empowering and can be easily integrated into a broad range of approaches. **Susie Snyder, LCSW** is an Assistant Professor at the School of Social Work at Portland State University. She also maintains an active private practice providing counseling, supervision, agency consultation and training. Her background includes work in community mental health and school settings. **Susie** has provided workshops throughout the United States in a range of topics including Narrative Therapy, Play Therapy, Working with Parents, Solution Focused Therapy, Advanced Empathy, and Clinical Supervision.

Trauma, Culture and Body: Integrative Approaches for Latina Women (3-C)

Presenter(s): Fabiana Wallis, Ph.D., Lucrecia Suarez, LCSW Catherine Fixe, MSW, RYT

Track: PTSD. This presentation is geared towards clinicians, supervisors and administrators who work with minority women with histories of trauma. It will (a) review the latest research on effective trauma interventions, focusing on those that are based on mindfulness and other body-centered approaches such as yoga; (b) discuss cultural issues specific to the Latino community, highlighting both strength and barriers that exist within this population, and (3) present qualitative evaluation data of a group that integrated trauma and yoga interventions. **Fabiana Wallis, Ph.D.**, was born to a bicultural family and grew up in Argentina. After she moved to the U.S., she pursued a Ph.D. in Clinical Psychology at University of Massachusetts Boston and completed her clinical training at Harvard Medical School. Her passion has been working with minority women affected by psychological trauma and she is co-author of a trauma curriculum in Spanish, *Saber es Poder*. She is currently the Director of the Center for Trauma Recovery at Conexiones, and Affiliated Faculty at OHSU and Pacific University Psychology Department. **Lucrecia Suarez, MSW, LCSW** an immigrant from Venezuela, obtained her MSW at Portland State University in 1992. **Lucrecia** has dedicated her career to provide, supervise and design Latino responsive mental health services to children, adults, couples and families. Her passion has been in the field of individual, collective and multigenerational traumas. She founded Conexiones in 1999, and in 2006, she joined the School of Professional Psychology at Pacific University as Assistant Professor for the Latino Bilingual Track. **Catherine Fixe Chapin, MSW, Registered Yoga Teacher (RYT)** had a bicultural upbringing between France and the United States. She obtained her MSW from the University of Pennsylvania in 1997 and has been working with the Latino community in Portland for the past 10 years. She became a yoga teacher in 2003 and trained with Bessel Van der Kolk on Trauma Sensitive Yoga in 2008. She has been working on her passion of exploring emotions in the body, bridging the worlds of yoga and psychology in the context of trauma. In the last few years she founded Laya Yoga to provide individual yoga therapy and teach group yoga classes to the Latino community and is currently working at Conexiones to incorporate yoga in to the *Saber es Poder* curriculum.

Pregnancy Options and Gender Specific Trauma (3-D)

Presenter(s): Jennifer Linnman, LCSW Track: PTSD

This workshop will place women’s pregnancy choices, and the silencing and stigma around these choices, within the context of Type III trauma. Countertransference issues and biases around parenting and choice will be explored. The workshop will examine Social Worker’s own role in validating women’s decision-making around pregnancy, parenting, adoption, and abortion. **Jennifer Linnman, LCSW** is a faculty member of Portland State University’s School of Social Work, where she teaches Generalist Social Work Practice and Advanced Direct Human Services Social Work Practice and Social Justice in Social Work. She maintains a private practice in Northwest Portland where she works with children, adults and families; specializing in perinatal mood disorders and their effects on women and their families.

Adolescent Addiction and the Developing Brain (3-E)

Presenter(s): Catherine Beckett, LCSW, Ukiah S. Marcus, LCSW, CADC

Track: Addictions & Youth/Families

In this active and highly interactive workshop, participants will learn about addiction dynamics specific to adolescents, including risk factors, stages of addiction, assessment, intervention, and the impact on both the addict and his or her family. Current findings in adolescent brain development will be presented as they relate to addiction risk and recovery. Information and strategies will benefit practitioners who work directly with teens, as well as those who work with parents or other concerned adults. **Catherine Beckett, MSW, LCSW**, has specialized in clinical and prevention work with children, teens and families since 1994, in a variety of settings including schools, community mental health agencies, addiction treatment centers, pediatric hospice, and private practice. She has designed and instructed courses for professionals who work with youth for institutions including U.C. Davis and U.C. Berkeley. She currently works in private practice and teaches at the University of Portland. **Ukiah Marcus, MSW, LCSW, CADC**, has worked with adolescents and their families for a number of years; he was the primary adolescent and family therapist for Caremark’s treatment program for substance abusing adolescents at Meridian Park from 1998 to 2003. He has trained extensively in Gestalt therapy, cognitive behavioral, and trauma work, and has been in private practice since 2003.

For hotel information, visit:

http://www.oregoncc.org/pdf/occ_Banks-Hotels.pdf