

Traumatic Stress: Best Practices in Prevention Research and Service Delivery

March 1-2, 2017

Clayton Plaza Hotel

7750 Carondelet Ave. | Clayton, Missouri 63105

~~\$299.00~~-\$249.00 until January 31, 2017

Schedule

Wednesday | March 1, 2017

11 a	Program check-in	
1 p	Trauma-Informed Care in an Ethical Arena Mark Sanders, LCSW, CADC	
4 p		

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned.

The Missouri Institute of Mental Health will award 2.7 clock hours or 3.3 contact hours (.3 CEUs) for this activity.

4:00 p	Program check-in	
6:00	Pathways to Equity: Community Response to Trauma Vetta Sanders-Thompson, PhD	
7:30p	Reception	

Thursday | March 2, 2017

8:00 a	Breakfast Exhibits Program Check-in	
8:30	Rob Paul, PhD Welcome	
8:45	John N. Constantino, MD	
9:30	Kim Randell, MD	
10:00	Break	
10:15	Myths and Realities of Campus Sexual Assault: Implications For Prevention and Victim Recovery Zoe Peterson, PhD	
10:45	Variability in the Trauma-related Etiology of Alcohol Involvement in African American and White Women Kimberly B. Werner, PhD	
11:15	Sharon Johnson, PhD	
11:45	Lunch	
1:30 p	Kevin Cloninger, PhD	
2:00	Steven Bruce, PhD	
2:30	Jennifer Brinkmann	
3:00	A Voice for the Voiceless	

	Erin Merryn	
4:00	Close Rob Paul, PhD I	
4:30	Adjourn	

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned.

The Missouri Institute of Mental Health will award 7.5 clock hours or 9 contact hours (.9 CEUs) for this activity.

TRAUMA-INFORMED CARE IN AN ETHICAL ARENA

Mark Sanders, LCSW, CADAC, is a lecturer at the University of Chicago, School of Social Work and an international speaker in the behavioral health field whose presentations have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. He is the author of five books and has had two stories published in the *New York Times* best-selling book, *Chicken Soup for the Soul*. Programs presented in his workshops are being implemented throughout the world.

In this presentation, participants will be introduced to skills that will enable them to work more effectively with clients exposed to trauma in an ethical manner. A partial list of topics includes: The impact of adverse childhood trauma on adolescents and adults and the role of the helping professional in addressing trauma ethically at the individual, organizational, and community levels; using countertransference as a gift when working with clients exposed to trauma who go from victim to perpetrator, establishing healthy boundaries to prevent ethical violations and The therapeutic benefits of humor and other strategies to reduce the risk of compassion fatigue/secondary trauma.

By the end of this workshop participants will:

1. Be aware of strategies for working effectively with clients exposed to trauma in an ethical manner
2. Be aware of strategies to decrease the risk of compassion fatigue and other occupational hazards that often accompany working with clients exposed to trauma.
3. Be aware of strategies for establishing healthy boundaries with clients exposed to trauma to decrease the risk of ethical violations.
4. Be aware of the impact of adverse childhood experiences across the life span and understand how to address this clinically in an ethical manner.
5. Understand the impact of the counselors “unfinished Business” on their work with clients exposed to trauma and have strategies to grow as a helping professional.
6. Be aware of the therapeutic benefits of humor for therapists who work with clients exposed to trauma as a wellness strategy and to prevent ethical dilemmas.

Pathways to Equity: Community Response to Trauma

Vetta Sanders Thompson, PhD is a Professor at the Brown School and a member of the Institute for Public Health. Her research focuses on racial identity, the implications of race and culture for mental health and health promotion, utilization of services and determinants of disparities and inequities among ethnic minorities. Dr. Thompson has completed funded research examining cultural competence in the provision of mental health services, colorectal cancer screening promotion and HPV attitudes and vaccination in the

African American community. Dr. Thompson is a licensed psychologist and health service provider in the state of Missouri. She is an Associate Editor for *PsycCritiques*, member of the Editorial Board of *Annals of African-centered Psychology* and served on the Editorial Advisory Board of *a Turbulent Voyage: Readings in African American Studies*.

The last decade has brought about discussions of inequities in health. In addition, communities are becoming more aware of trauma and its impact. Unfortunately, there has been less discussion of inequities in mental health and the role that trauma plays in these inequities, as well as those noted in physical health. This presentation attempts to highlight areas of inequity in mental health among marginalized communities, linking these inequities to trauma. The presentation ends with a discussion of strategies for addressing trauma and mental health inequities in marginalized communities.

After attending this talk, participants will be able:

1. To discuss the areas of inequity in mental health in marginalized communities.
2. To describe how trauma, including historical trauma, contributes to inequities in mental health in these communities.
3. To outline the role of mental health organizations and practitioners in achieving equity in response to trauma in diverse communities.

John N. Constantino, MD is Psychiatrist-in-Chief, St. Louis Children's Hospital, William Greenleaf Eliot Division of Child Psychiatry; the Director of the Division of Child Psychiatry and the Ittleston Professor of Child Psychiatry. Dr. Constantino earned his medical degree from Washington University School of Medicine in 1988.

Kim Randell

Myths and Realities of Campus Sexual Assault: Implications For Prevention and Victim Recovery.

Zoë D. Peterson, PhD is an Associate Professor of Psychological Sciences and Director of the Sexual Assault Research and Education Program at the University of Missouri-St. Louis. She is a Research Fellow of the Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University. She also is a Licensed Clinical Psychologist in the state of Missouri. She has served as an Associate Editor of the *Journal of Sex Research* and as a Consulting Editor of *Archives of Sexual Behavior*. Dr. Peterson's research focuses primarily on individuals' experiences with and conceptualizations of sexual coercion, sexual aggression, and unwanted sex.

College sexual assault has been the focus of a recent surge of media attention. Unfortunately, some of that attention is stereotyped and sensationalized and may ultimately deter primary prevention efforts and victim recovery. This presentation will counter sensationalized media messages with a summary of empirical research findings on (1) the correlates of sexual assault perpetration and (2) victim responses and recovery following sexual assault. Suggestions for future directions in prevention and treatment will be discussed.

After attending this talk, participants will be able...

1. Discuss positive and negative outcomes of the recent surge of media attention on campus sexual assault.
2. Describe research findings about the correlates of sexual assault perpetration and the implication of those for primary prevention.
3. Describe research findings about common psychological responses and recovery trajectories for sexual assault victims.

Variability in the Trauma-related Etiology of Alcohol Involvement in African American and White Women

Kimberly B. Werner, PhD is a Postdoctoral Research Scholar (NIDA T32, "Transdisciplinary Training in Addictions Research," P.I. Renee Cunningham-Williams) at Washington University in St. Louis, George Warren Brown School of Social Work working under the mentorship of Dr. Kathleen Bucholz, PhD. Her prior research at Center for Trauma

Recovery at UMSL examined psychophysiological alterations associated with posttraumatic stress disorder. Her postdoctoral work in addiction epidemiology has focused on racial disparities in trauma related etiology of psychopathology, specifically substance related outcomes. Her recent research includes a broader operationalization of stress by examining the impact of traumatic and chronic stressors including racial discrimination, intergenerational stress (i.e. maternal report of racial discrimination and traumatic exposure), and neighborhood disadvantage on substance involvement and mental health outcomes in emerging adulthood.

Despite empirical evidence that traumatic stress exposure increases risk for alcohol use and problems and African Americans experience higher rates of traumatic stress exposure, alcohol involvement is lower in African Americans compared to Whites. This presentation aims to demonstrate that existing trauma-related etiological models of alcohol related problems may not fit as well for African-American and White women. Additionally, the presentation will highlight the importance of considering psychosocial and sociodemographic factors associated with race/ethnicity when examining the impact of trauma on substance related outcomes.

- To describe racial disparities in traumatic stress exposure and alcohol involvement.
- To recognize inconsistencies in trauma-related etiologic models of alcohol problems across race.
- To discuss race associated risk and protective factors that should be considered when examining trauma-related etiology.

Sharon Johnson
Stephen Bruce

Jennifer Brinkmann

A Voice for the Voiceless

Erin Merryn shares her personal story of child abuse beginning at the age of six years old. She shares with the audience how she broke her silence and reclaimed her voice. Erin discusses the impact sexual abuse had on her life and the warning signs so many missed. She explains the follow up mental health care her she received and how that lead her to confront one of her abusers and eventually forgive him. Finding her voice allowed Erin to make it her mission to have ever child have a voice to speak up and tell. She has now taken a personal crusade across America to get Erin's Law passed in all 50 states requiring personal body safety be taught to students K-12th grade.

1. Professionals will be able to understand the mental, physical, and emotional impact of sexual abuse on a child during and after the abuse.
2. Professionals will be able to recognize the important role they play in a child's life after a child discloses sexual abuse.
3. Professionals will understand what "Erin's Law" is and why sexual abuse curriculum is important in schools.