

**Missouri Institute of Mental Health**

***Traumatic Stress: Relationships and Resiliency***

March 28, 2019 | Doubletree Hotel

\$249.00 | 19005

**Schedule | Thursday | March 28, 2019**

7:30 am	<b>Breakfast   Exhibits   Program Check-in</b>
8:30	Welcome
8:45	<b>Hurt Kids, Not Bad Kids: Understanding Traumatized Youth</b> <b>Matt Kliethermes, PhD</b>
9:45	<b>Break</b>
10:00	The Impact of Trauma on Intimate Relationships <b>Angela Skurtu, MEd, LMFT</b>
11:00	Transgenerational Cycle of Trauma <b>Sean Marz</b>
12 noon	<b>Lunch</b>
1:00 pm	Trauma Informed Care: A Focus on Ethics and Cultural Competence <b>Mark Sanders</b>
2:00	<b>Break</b>
2:15	<b>Mark Sanders Con't.</b>
3:15	The Road Through Wonderland: Surviving John Holmes <b>Dawn Shiller</b>
4:45	Adjourn

The University of Missouri St. Louis, 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 6.25 clock hours or 7.5 contact hours (.75 CEUs) for this activity.

**At the conclusion of the conference, participants should be able to:**

1. Recognize demographic risks associated with poor outcomes and traits associated with resilience
2. Discuss current approaches which might be best for someone who experienced trauma
3. Identify types of traumatic stress and symptoms and how these symptoms may be affecting relationships and resiliency

## Program Description

### **Matt Kliethermes, PhD**

#### **Hurt Kids, Not Bad Kids: Understanding Traumatized Youth**

Children are often spoken of as a society's greatest resource. Unfortunately, how children are actually treated often does not align with that belief. Children are exposed to surprisingly high rates of trauma, often inflicted by those that are supposed to love and protect them. Further, if those around a child (e.g., family, school, community) lack awareness of the impact of trauma on children, the disservice done to these children often continues. Specifically, the trauma reactions exhibited by these youth are often misidentified as an trait of the child rather than a reaction to an external event. Subsequently, hurt kids become characterized as bad kids. Initially by society, but ultimately often by themselves as well. This presentation will introduce some key concepts helpful in understanding the impact of trauma on children, focused on basic acknowledgement of the interaction of trauma exposure and child development, followed by more intensive discussion of the outcome of this interaction with regard to the long-term emotional, behavioral, and psychological functioning of traumatized youth.

#### **Learning Objectives:**

- Understand the interaction between trauma exposure and child development
- Understand the distinction between “ learning brain” and “survival brain”
- Understand the impact of early life trauma on the emotions, behaviors, and beliefs of children.

Matt Kliethermes, PhD, is the Training Director at Children's Advocacy Services of Greater St. Louis and a clinical professor in the University of Missouri-St. Louis Department of Psychological Sciences. Dr. Kliethermes provides clinical services to traumatized youth, supervises and teaches at undergraduate and graduate levels, provides training and consultation regionally and nationally, and has authored multiple chapters and articles pertaining to childhood trauma.

### **Angela Skurtu, MEd, LMFT**

#### **The Impact of Trauma on Intimate Relationships**

Our society has really dropped the ball when it comes to trauma. Collectively, we don't seem to understand the lasting impacts that trauma has on the individual. In this talk, I will share just how far trauma impacts the person affected. I will discuss what happens in relationships, what happens for a person's sex life, and how couples struggle to talk about and support each other through trauma. I will also include information on how our culture addresses trauma to explain this impact on couples. Finally, I will offer some ideas for how we as clinicians can improve the situation and create a better future.

#### **Learning Objectives:**

- Identify trauma statistics including prevalence, treatment outcomes, etc.
- Explore the long lasting impacts of trauma and how these show up in relationships-include a bio-psycho-social-spiritual approach
- Offer helpful treatment strategies for clinicians and clients
- Discuss hopes for a better future approach to trauma as a culture.

Angela Skurtu, MEd, LMFT is a speaker, author, Licensed Marriage Therapist in Missouri and AASECT Certified Sex Therapist. She has been in private practice for six years. She researched and wrote two books, *Premarital Counseling – A guide for Clinicians and Helping Couples Overcome Infidelity*. She is also the host of [www.aboutsexpodcast.com](http://www.aboutsexpodcast.com), a podcast that offers free sexual and relationship health information.

### **Mark Sanders, LCSW, CADC**

Trauma Informed Care: A Focus on Ethics and Cultural Competence

In This workshop you will learn the diagnostic criteria of 5 varieties of traumatic stress disorder and evidence based treatment approaches to trauma treatment and recovery, including: acute stress disorder; post traumatic stress disorder; complex trauma; 24-7-365 terror and historical trauma. Emphasis will be placed upon ethics including boundaries and how to avoid doing harm. We will also discuss culturally nuanced approaches to trauma recovery.

**Objectives:** By the end of this workshop you will:

- Understand the diagnostic criteria for 5 types of traumatic stress disorders
- Be aware of 4 evidence based approaches to trauma recovery
- Be able to establish healthy boundaries with clients with histories of trauma
- Have criteria to avoid doing harm when working with clients with histories of trauma
- Understand how to incorporate culture in trauma treatment and recovery.

Mark Sanders, LCSW, CADC is an International Speaker in the Behavioral Health Field whose presentations have reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. He is the author of five books. Recent writings include: Slipping Through the Cracks: Intervention Strategies for clients with Multiple Addictions and Disorders, Recovery Management, and Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery. He has also had two stories published in the New York Times Best Selling Book Series, Chicken Soup for The Soul.

Mark is the recipient of numerous awards including: The Barbara Bacon Award for outstanding contributions to the Social Work Profession as a Loyola University of Chicago alumni, Health Care Alternative Systems Leadership Award and The Professional of The year Award from the Illinois Addiction Counselor Certification Board. He is a member of the Board of Trustees for MacMurray College, past Board President of the Illinois Association of Addictions Professionals and Co-Founder of Serenity Academy Chicago, the only Recovery High School in Illinois.

### **Dawn Shiller**

The Road Through Wonderland: Surviving John Holmes

This eye-opening presentation brings audiences through a young girl's journey of surviving abuse and human trafficking and how she ultimately became a woman of leadership instilling hope in others. Dawn shines a light on the predatory tactics of abusers while simultaneously assisting teens in finding a way to steer clear of the life to which she fell prey.

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2. Discuss current approaches which might be best for someone who experienced trauma
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Dawn Schiller is an expert survivor-leader in the anti-trafficking, domestic violence and sexual assault movements. Abused and trafficked on the streets of Hollywood in her teens by the infamous porn actor, John Holmes, she survived the gruesome Wonderland Avenue murders in 1981 and ultimately turned him into the police. Her subsequent years of struggle to survivorship, education and service offer valuable first-hand insight to community advocates. Today, she is a national speaker, educator, consultant and author.