



**Utah Trauma Academy
October 31~November 4, 2016**

**Provo Marriott Hotel
101 West 100 North, Provo, Utah 84601
Aspen Ballroom**

***Presenter: Gabriella Grant, M.A. California Center of Excellence for Trauma Informed Care
Speaker: Marc Anson, LCSW***

October 31, 2016

7:00 a.m. – 4:00 p.m.: Introductions and Foundations

7:00–8:00 Registration

8:00–9:00 ***Prayer and Smudging Ceremony***
Tyler Goddard, LCSW, and Damon Polk, CACII - Paiute Indian Tribe of Utah

9:00-9:45 Welcome, Introductions and Ice Breakers

9:45-10:00 Survival Tips for the Trauma Academy

10:00-10:45 Overview of Trauma-Informed Practices
National Historical Timeline
State Historical Timeline
Definition of trauma, complex trauma, PTSD
Difference between trauma and grief

10:45-11:00 BREAK

10:45-12:00 Universal Precautions for Trauma
Prevalence Rates
Universal Screening for Trauma, ACE Scores

12:00-1:00 LUNCH – *Seasoned Chicken Quarters Buffet*

1:00-1:50 Core values of trauma-informed transformation

1:50-2:30 Trauma-informed foundations

2:30-2:45 Written activity: I have chosen to focus on this core value for this reason.

2:45-3:00 BREAK (Turn in written activity)

3:00-3:45 ***Grief and Loss in a Trauma and Attachment Context***
Guest Speaker: Marc Anson, LCSW, Touchstone Therapy, Inc.

3:45-4:00 End of day ritual

Homework: I am here and this is why – written homework.

Reading: Harris and Fallot

Evening activity: Evening Group Homework (meet in hotel lobby)

*****A Saturday, self-pay option is available. Sign up on-line by Tuesday! Space is limited*****



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*Presenter: Gabriella Grant, M.A.
Speaker: Douglas Goldsmith, Ph.D
Speaker: Shane Watt, DC*

November 1, 2016

9:00 a.m. – 4:00 p.m.: The Neurosequential Model of Therapeutics

9:00-9:15 Reflection: Here is how the brain works, from how I currently understand it

9:15-11:00 Safety as medicine~treatment~nutrition: The science of safety
The Neurosequential Model of Therapeutics
The Impact of trauma on the brain with brain doodle

11:00-11:15 BREAK

11:15-12:00 Applying the Neuro-Sequential Model to program design: Art project

12:00-1:00 LUNCH – Deli Luncheon Buffet

1:00-1:50 Self-regulation: Experiential workshop on several self-regulatory practices
Scaling, grounding, EFT, tapping, finger holds
Activity: Practicing self-regulation with a client

1:50-2:00 BREAK

2:00-2:45 ***Attachment, Regulation and Competency (ARC): Repairing the Traumatized Brain***
Guest Speaker: Douglas Goldsmith, Ph.D, Executive Director
The Children’s Center

2:45-3:30 ***Neurofeedback – Another Patient Alternative***
Shane Watt, D.C.
Neurobolic Health Center

3:30-3:45 Q&A

3:45-4:00 End of day ritual

Homework: Write a script to describe the brain, nervous system and impact of trauma on the body. Use art, photos, music, words, any combination of elements to be able to accurately describe these systems to clients.

Reading: PolyVagal Theory

Evening: On your own



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Speaker: Brian Miller, Ph.D
Speaker: Leslie Brown, CMHC
Speaker: Larry Beall, Ph.D

November 2, 2016

9:00-4:00pm: Evidence, Data, Objective Measures, Transparency and Consistency

9:00-9:20 Reflection:

- Describe the EBPs that you/your agency currently use.
- What data is shown to client?
- Write all names onto index cards.
- Hand in.

9:20:10:30 Evidence:

Data collection as treatment, UBI Pilot Study Results

10:30-10:45 BREAK

10:45-12:00 ***Bringing the Ivory Towers into the Swamp: Evidence Based Practices, Trauma, and the Real World***

**Guest Speaker: Brian Miller, Ph.D, Director, Children's Behavioral Health
Primary Children's Hospital**

12:00-1:00 LUNCH – Spaghetti Buffet

1:00-2:45 ***Theoretical Underpinnings of Eye Movement Desensitization & Reprocessing Therapy (EMDR)***

**Guest Speaker: Leslie Brown, CMHC, EMDR Certified Therapist, EMDRIA Approved
Consultant, EMDR Humanitarian Trainer
EMDR Trauma Recovery, The EMDR Humanitarian Organization**

2:45-3:00 BREAK

3:00-3:45 ***Trauma Work with Sub Personalities***

**Guest Speaker: Larry Beall, Ph.D. Psychologist, Clinical Director
Trauma Awareness and Treatment Center**

3:45-4:00 Group present: This is the treatment that taught us something specific: _____

- Homework: Discuss EBP introduced today (or identify and support another one). Describe it, develop a personal plan to be trained, develop skills and increase quality of treatment. (Imagine you have the time, money and ability to do so).
- Reading: Safety, Judith Herman
- Evening Activity: Walking Group (weather permitting)



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Presenter: Gabriella Grant, M.A.
Speaker: Jason Smith, DC, DABCN, FABVR, FACFN
Speaker: Laura Thompson, JD, CWLS

November 3, 2016

9:00-4:00pm: Consent, Invitation, Permission, Autonomy

- 9:00-9:20 Refection: What does consent mean?
A definition and how it applies to your work.
- 9:20-10:30 Radical informed consent: The basis for engagement
Do no harm: committing to safety as an essential element for change
Rights: A form of self-protection
- 10:30-10:45 BREAK
- 10:45-12:00 Rules: Making Them Effective
Elimination of Seclusion and Restraint: A History and a Future
- 12:00-1:00 LUNCH – *Mexican Buffet***
- 1:00-2:00 *Alternative Therapy for Traumatic Brain Injury*
Guest Speaker: Jason Smith, DC, DABCN, FABVR, FACFN
- 2:00-2:45 Creating a Step-by-Step Plan for Bringing Back Change to Agency
- 2:45-3:00 BREAK
- 3:00-3:45 *Informed Consent for Trauma Services*
Guest Speaker: Laura Thompson, JD, CWLS
Office of the Utah Attorney General
- 3:45-4:00 End of day ritual: Dissent/Consent: Essential for treatment for trauma: Discuss why.
- Homework: Bring current informed consent form. Rework based on the day's information and discussion. Think ideally (you have the power and means to make this change).
 - Reading: Select from packet
 - Evening activity: Spirituality, faith and beliefs



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Presenter: Gabriella Grant, M.A.
Speaker: Julie Azevedo Hanks, Ph.D, LCSW
Speaker: Gordon Bruin, M.A.
Speaker: Dr. Patrick Sellers

November 4, 2016

9:00-4:00pm: Caring for Self, Feeding One's Own Nervous System, Listening to Self

- 9:00-9:30 Reflection:
Individually, list all universal needs.
As a group, transfer list to flip chart
- 9:30-10:45 Self-Care and the Inevitable Impact of Trauma on the Worker
Job Descriptions
Interviewing, Hiring, Supervision and Promotion
Creating a Program that Cares for Worker Wellbeing
- 10:45-11:00 BREAK
- 11:00-1:00 *Cultivating Self-Care Through Awareness, Assertiveness, and Attachment*
Guest Presenter: Julie Azevedo Hanks, Ph.D, LCSW
Wasatch Family Therapy
- 1:00-1:45 LUNCH – *Soup and Salad Buffet***
- 1:45-2:45 **Workshop A: *Mindfulness: Engaging and Empowering the Body in the Healing Process***
Guest Presenter: Gordon Bruin, M.A.
The Younique Foundation
- 2:45-3:00 BREAK
- 3:00-3:45 **Workshop B: *The Benefits of Acupuncture***
Guest Presenter: Dr. Patrick Sellers, Orem Community Acupuncture
- 3:45-4:00 Final evaluation, sign out, certificates
Certificate Ceremony and Farewells!

Remember: The Saturday, self-pay starts in Salt Lake City at 10am. See flyer for location.



Utah Trauma Academy
November 5, 2016

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Facilitated by Gabriella Grant, M.A.

November 5, 2016

10:00 a.m.-2 p.m. Salt Lake City, Utah

10:00-12:00 Yoga Class

Integrated School of Yoga
815 East 2100 South, Sugarhouse, Utah *(on the north side of 2100 South)*
Contact: Ma Shakti
(801) 512-3217
Integrationschoolofyoga@gmail.com

Cost: \$20.00 Cash/Person *(Pay on-site the day of the event)*

12:00-2:00 Healing Cooking Class and Lunch

Salt Lake Culinary Center
2233 South 300 East, Salt Lake City, Utah 84115
Contact: Amy Christensen, Event Coordinator and Chef Instructor
(801) 464-0113
amy@saltlakeculinarycenter.com

Healing Foods + Healthy Preparations

A fun, informative, and delectable cooking demonstration! You'll learn techniques to healthy cooking while exploring more about foods and how they can work with and for your body towards healing and overall health. Bring your questions, sample the nutritious and delicious dishes, take home the recipes and information.

Cost: \$25.00/Person

Maximum Participants: 30 *(Need a minimum of 20 participants to host the class)*
Participants will register for the Cooking Class on-line

A Special Thanks to Genesis Books who will be on-site at the Utah Trauma Academy!

There will be 27.5 Continuing Education Credit Hours provided...



Utah Trauma Academy

Learning Objectives

Day One – October 31, 2016

- To train attendees on specific practices that are trauma-informed.
- To learn how to distinguish between physical and emotional safety in interactions with clients.
- To allow staff to address safety issues in a way that will engage clients
- To train staff on specific, trauma-informed standards and practices, according to SAMHSA.
- To assess programming as adhering to the trauma-informed, neuro-sequential framework and SAMHSA principles.
- To identify and practice specific skills related to the trauma-informed model.

Guest Presenter

Grief and Loss in a Trauma and Attachment Context

Guest Speaker: Marc Anson, LCSW
Touchstone Therapy, Inc.

Presentation Overview

A loss in a person's life can be traumatic, especially when it strikes at the deepest attachments and connections a person has. Loss comes to us from unpredictable circumstances, through the choices of others, and through our own choices. One can lose in different ways: socially, economically, physically, etc. This presentation explores loss and the grief associated with it in the context of attachment theory, and seeks to offer suggestions for healing this traumatic pain.

Presentation Objectives

1. Understand an Attachment perspective for loss and the associated grief.
2. Explore the need to bring attachment theory into the healing environment.
3. Discuss attachment theory interventions for dealing with losses.



Day Two - November 1, 2016

- To learn how trauma affects the brain, decision-making and coping.
- To identify three phases of trauma recovery and the three parts of the neurosequential model.
- To give staff a deeper understanding of why clients behave in ways that may appear illogical or self-destructive.
- To apply the science of the nervous system to program design.
- To understand the lasting effect of trauma on health and healthcare.
- Additional objective from individual presenters.

Guest Presenter

*Attachment, Regulation and Competency (ARC):
Repairing the Traumatized Brain*

**Guest Speaker: Douglas Goldsmith, Ph.D, Executive Director
The Children's Center**

Presentation Overview

Recent advances in the impact of trauma on the brain have highlighted the importance of understanding changes in the brain post-trauma. This presentation will integrate the use of the ARC treatment model with brain research to enhance trauma treatment in children.

Presentation Objectives

1. Attendees will understand the basic ARC concepts.
2. Attendees will understand basic brain structures and the impact of trauma on the brain.
3. Attendees will understand how to help caregivers use what we know about the traumatized brain and it's impact on their ability to be attuned to the child's needs.



Day Three – November 2, 2016

- To understand the need for objective measures in trauma treatment.
- To be able to look up to see if a practice is considered evidenced-based.
- To be able to use the NREPP and CCEBPCW data bases.
- To understand EMDR concepts.
- Additional objectives from presenters.

Guest Presenters

Bringing the Ivory Towers into the Swamp: Evidence Based Practices, Trauma, and the Real World
Guest Speaker: Brian Miller, Ph.D, Director, Children’s Behavioral Health
Primary Children’s Hospital

Presentation Overview

Understanding the profound significance trauma in our client’s lives leads us all to want to provide skillful help to those in our care. But we--as professionals, and as a trauma field--are early in our development of trauma treatments. What are the evidence-based treatments for trauma? How do we bring evidence based treatments into the “real world” of our practices? What about “promising practices” that aren’t yet evidence based? How is this relevant to those of us who are not in a therapy role, but who work with clients with trauma? The presenter will discuss specific evidence based practices and how to identify evidence based practices. He will also discuss some of the arguments against evidence based practices, and ways of thinking about evidence based practices that leads to the highest quality of care.

Presentation Objectives

1. Name three evidence based trauma treatments
2. Describe the difference between "Trauma Informed" and "Trauma Specific" approaches
3. Integrate some of the criticisms of evidence based practices into decision making about treatment selection

Theoretical Underpinnings of Eye Movement Desensitization & Reprocessing Therapy (EMDR)

Guest Speaker: Leslie Brown, CMHC, EMDR Certified Therapist, EMDRIA Approved Consultant, EMDR Humanitarian Trainer
EMDR Trauma Recovery, The EMDR Humanitarian Organization

Presentation Overview

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. To date, EMDR therapy has helped millions of people of all ages relieve many types of psychological stress. EMDR therapy is supported by the World Health Organization (WHO).



Day Three (*Continued*) – November 2, 2016

Presentation Objectives

1. Participant will understand the Adaptive Information Processing (AIP) model of EMDR Therapy
 2. Participant will have a practical understanding of the 8 Phase Protocol of EMDR Therapy and the Three Pronged Protocol (1-past memories, 2-present disturbance, 3-future actions), that are needed to alleviate the symptoms and address the complete clinical picture
 3. Participant will be able to discern how to apply EMDR therapy to many clinical applications
 4. This is not an EMDR training
- To understand the need for objective measures in trauma treatment.
 - To be able to look up to see if a practice is considered evidenced-based.
 - To be able to use the NREPP and CCEBPCW data bases.
 - To understand EMDR concepts.
 - Additional objectives from presenters.

Guest Presenter

Trauma Work with Sub Personalities

**Guest Speaker: Larry Beall, Ph.D. Psychologist, Clinical Director
Trauma Awareness and Treatment Center**

Prevention Overview

Trauma work with complex trauma conditions can often proceed more effectively when the trauma survivor is engaged on a sub-personality or ego state level. Methods for working with sub-personalities will be discussed.

Presentation Objectives

1. Theory and research of ego states will be explained.
2. The continuum from undifferentiated ego states to dissociated alters will be discussed in terms of the Dissociative Experience Scale.
3. How to use EMD/R with Ego States will be outlined.



Day Four – November 3, 2016

- To be able to build the skill of dissent and consent
- To understand the element of the informed consent law of Utah.
- To be able to define radical informed consent.
- To be able to manage staff from a trauma-informed framework.
- To assess rules from a trauma-informed framework.
- To identify elimination of seclusion and restraint as a core commitment to being trauma-informed.
- To be able to identify physical and emotional coercive practices
- Additional objectives from presenters.

Guest Presenters

Alternative Therapy for Traumatic Brain Injury
Guest Speaker: Jason Smith, D.C.
NeuroBolic Health Center

Presentation Overview

Presentation Objectives

Informed Consent for Trauma Services
Guest Speaker: Laura Thompson, JD, CWLS
Office of the Utah Attorney General

Presentation Overview

A look at the legal components and implications of informed consent for trauma related services for victims and their families.

Presentation Objectives

Understand what constitutes a valid informed consent. Take away a template for informed consent services to adapt for specific use.



Day Five – November 4, 2016

- To allow staff to care for themselves
- To develop an understanding the impact of trauma on worker health, world-view and job performance.
- To be able to list at least 3 examples of self-regulatory techniques that promote healing and safety.
- To describe relevance of staff self-care for successful trauma-informed service delivery.
- To be able to distinguish relationship care and self-care.

Guest Presenters

Cultivating Self-Care Through Awareness, Assertiveness, and Attachment”

Guest Presenter: Julie Azevedo Hanks, Ph.D, LCSW

Wasatch Family Therapy

Workshop A: Mindfulness: Engaging and Empowering the Body in the Healing Process

Guest Presenter: Gordon Bruin, M.A.

The Younique Foundation

Presentation Overview

Drawing on the research of and in consultation with Bessel van der Kolk, M.D. and author of “The Body Keeps the Score,” Gordon will explain how the introduction to deliberate body strategies such as yoga, Muay Thai (martial arts), and mindful physical exercise have helped survivors re-engage with their bodies and increase their personal power. For years the gold standard in treating mental health issues has been sitting in an office and talking (cognitive behavior therapy). According to Dr. Van Der Kolk, “...helping victims of trauma find the words to describe what has happened to them is profoundly meaningful, but usually is not enough. The act of telling the story doesn’t necessarily alter the automatic physical and hormonal responses of bodies that remain hyper vigilant, prepared to be assaulted or violated at any time.” When mind and body are treated as one, the whole person emerges stronger and more confident to face the challenges of life.

Presentation Objectives

1. Gain a better understanding of how trauma is stored in the body.
2. Gain a better understanding of how engaging the body in movement enhancing the healing process.
3. Gain an understanding of the two part brain model and 5 key strategies of empowerment.

Workshop B: The Benefits of Acupuncture

Guest Presenter: TBD

(Updated 10/3/16)