

2019

TRAUMA INFORMED CARE CONFERENCE

"RECLAIMING THE BODY TO HEAL FROM TRAUMA"

FRIDAY, MAY 31

MAUCKER UNION, BALLROOM

AGENDA

8-8:50 am:	REGISTRATION	12-1 pm:	LUNCH
8:50-9 am:	WELCOME	1-2:20 pm:	BREAK OUT SESSIONS
9-10:20 am:	MORNING KEYNOTE TRAUMA, STRESS & THE MIND-BODY CONNECTION Matthew Vasquez, PH.D.		TRAUMA-SENSITIVE YOGA AS AN ADJUNCTIVE THERAPY Traci M. Ludwig, LISW, ACSW, RYT-200
10:30-11:50 am:	BREAK OUT SESSIONS TRAUMA-SENSITIVE YOGA AS AN ADJUNCTIVE THERAPY Traci M. Ludwig, LISW, ACSW, RYT-200		APPLICATIONS OF TRADITIONAL TAI CHI IN PSYCHOTHERAPY John L. Upshaw, LISW, RPT S
	APPLICATIONS OF TRADITIONAL TAI CHI IN PSYCHOTHERAPY John L. Upshaw, LISW, RPT S		EMDR THERAPY - THE BODY BRAIN CONNECTION Amber Hoff, MA, LMFT
	EMDR THERAPY - THE BODY BRAIN CONNECTION Amber Hoff, MA, LMFT	2:30-3:30 pm:	AFTERNOON KEYNOTE
			INTEGRATIVE (WILDERNESS) THERAPIES Suzanne Bartlett Hackenmiller, M.D.
		3:30-4 pm:	PANEL DISCUSSION

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THE DEPARTMENT OF SOCIAL WORK, UNIVERSITY OF NORTHERN IOWA,
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CEUs (5.5)
Register online through May 27. Fee: \$40
bit.ly/UNITraumaConf2019

PRESENTERS

SHOWCASING TRAUMA EXPERTS FROM ACROSS IOWA

SUZANNE BARTLETT HACKENMILLER, M.D.

is an OB-Gyn and Integrative Medicine physician who currently lives and practices in Iowa. She completed OB-Gyn residency at Western Pennsylvania-Temple University in Pittsburgh and is a fellowship graduate of the University of Arizona Center for Integrative Medicine. She is board certified by both the American Board of Obstetrics and Gynecology and the American Board of Integrative Medicine. She holds additional certifications in herbal medicine and is a certified forest therapy guide. She currently serves as medical director for the Association of Nature and Forest Therapy.



AMBER HOFF, MA, LMFT, CERTIFIED EMDR THERAPIST

is a systems trained Marriage and Family Therapist who has dedicated her career to tackling trauma. She believes that preventing and healing trauma needs to be addressed in many contexts: schools, workplaces, community, families, and not just in the individual. She has dedicated her practice to educating, volunteering, providing therapy, and working with various professional services such as architecture and interior design in order to create a more trauma-informed community and reduce the risk of trauma-related disorders.



TRACI M. LUDWIG, LISW, ACSW, RYT-200

is a licensed clinical social worker practicing at Mercy One Behavioral Health, Cedar Falls, IA, and adjunct instructor for University of Northern Iowa Social Work Department. She specializes in treating trauma-related responses ranging from single-incident trauma to complex developmental trauma(s). She has extensive training with somatic interventions, EMDR, and mindfulness practices. She completed an immersive Trauma-Sensitive Yoga program endorsed by the Trauma Center, Brookline, MA. She has been incorporating the artistry of Trauma-Sensitive Yoga both individually with clients, and in the group setting for the past several years. She was one of the first practitioners in the Cedar Valley to be trained in Trauma-Sensitive Yoga. She believes in offering her colleagues and clients cutting-edge, evidenced-based modalities for treating the body and mind that augment clinical practice.



JOHN L. UPSHAW, LISW, RPT S

is a licensed clinical social worker and registered play therapist supervisor practicing at Mercy One Behavioral Health, Cedar Falls, IA. He obtained his bachelor of social work degree at the University of Northern Iowa and Masters of Social Work from Augsburg College in Minneapolis, MN. He is also a 20th generation disciple of Chen Style Taijiquan (Tai Chi) and authorized instructor under Master Chen Zhonghua. For the past 8 years he has developed and facilitated "The Warriors' Journey Group", which integrates traditional Chen Style Tai Chi with somatic and play therapy in a group psychotherapy format.



MATTHEW VASQUEZ, PHD, LMSW

recently joined the University of Northern Iowa's Department of Social Work. His current area of research focuses on the effects of body-based interventions (e.g., Tai Chi, Trauma-Sensitive Yoga) on trauma and mental health, along with the evaluation of affiliative, body-based interventions in school settings (e.g., Rainbowdance and Kinnect). His other research interests include the examining the benefits of infusing trauma-informed care practices in residential treatment facilities, in-patient mental health units, and school-based curriculums, along with how to effectively educate social workers on the salient neurobiological aspects of trauma. Dr. Vasquez has presented his research on the neurophysiological effects of trauma and innovative clinical approaches to its treatment at both state and national conferences.



WORKSHOPS

RECLAIMING THE BODY TO HEAL FROM TRAUMA

MORNING KEYNOTE: MATTHEW VASQUEZ, PHD, LMSW

TRAUMA, STRESS & THE MIND-BODY CONNECTION

This presentation will address the latest research and theories regarding how trauma and stress disrupts cognitive, emotional, and somatic processes. As such, trauma and stress will be discussed in terms of how it affects the “whole body”, rather than a singular mental health disorder. Concepts related to trauma’s effects on the sense of self and sensory processes, how it changes autonomic and regulatory systems, and how memory is stored in the brain and body will be presented. There will be an additional discussion on promising body-based holistic treatments that can aid in reducing the effects of both trauma and stress, such as trauma-sensitive yoga, tai chi, acupuncture, massage, and others.

BREAKOUT SESSION: TRACI M. LUDWIG, LISW, ACSW, RYT-200

TRAUMA-SENSITIVE YOGA AS AN ADJUNCTIVE THERAPY

Initially developed at the Trauma Center in Boston, Massachusetts, trauma-sensitive yoga has grown in popularity due to its beneficial effects on reducing trauma symptoms and increasing mind-body awareness. The approach is designed to directly address symptoms associated with trauma exposure by offering yoga-based movements that are both gentle and client centered within a safe environment. This cultivates compassionate awareness of one’s self, re-calibrates autonomic functions, and supports choice when relating to one’s body, all of which encourages people to take more adaptive actions based on that knowledge. Participants will be provided an overview of the theory behind trauma-sensitive yoga and how it helps in addressing trauma and its symptoms. The majority of the session will provide participants with experiential demonstrations of the approach. Audience participation is highly encouraged.

BREAKOUT SESSION: JOHN L. UPSHAW, LISW, RPT S

APPLICATIONS OF TRADITIONAL TAI CHI IN PSYCHOTHERAPY

Chen Style Taijiquan (Tai Chi Chaun) is a traditional Chinese internal martial art originating in Chenjiagou (Chen Village) in Henan Province, China. It is the oldest form of tai chi. This will be an experiential workshop in which you will learn elements that are inherent to tai chi, such as foundations, tai chi postures, and partner drills. Participants will learn and experience how tai chi increases self-awareness, awareness of others and begin to understand the patterns of interaction that exist to become more balanced and harmonious within oneself and within life.

BREAKOUT SESSION: AMBER HOFF, MA, LMFT

EMDR THERAPY - THE BODY BRAIN CONNECTION

This presentation will familiarize participants with various applications of EMDR therapy and its efficiency with a wide range of clients and symptoms. EMDR is an integrative psychotherapy approach that is compatible with several other therapies, including CBT, experiential, systemic, and family therapy. Participants will be invited to participate in several exercises regarding grounding exercises and stabilization techniques.

AFTERNOON KEYNOTE: SUZANNE BARTLETT HACKENMILLER, M.D.

INTEGRATIVE (WILDERNESS) THERAPIES

Research confirms the health benefits of time spent in nature, everything from improving mental health and cognition to lowering blood pressure, boosting immune function and fighting cancer. Explore the ancient healing path of shinrin-yoku, or Japanese forest bathing, and learn how this gentle, mindful practice enhances well-being. Dr. Suzanne Bartlett Hackenmiller, physician, herbalist, author, forest therapy guide and medical director of the Association of Nature and Forest Therapy will share some of the science of nature’s effects on health, as it applies to those with mental health conditions, survivors of trauma, and to all of us.