



TREATING COMPLEX TRAUMA & GRIEF

November 27, 2018

8:30 am - 5:00 pm

Nationwide & Ohio Farm Bureau 4-H Center
2201 Fred Taylor Dr., Columbus, Ohio 43210

FEATURING TWO TRACKS:

Helping **Children & Families** Cope
with Complex Trauma &
Traumatic Grief

Presenters: Kristen Santel, LISW-S
and Dawn E. Gross, LPCC-S

Addressing **Maternal Mental
Health** Complications, Pregnancy
& Infant Loss, & Trauma & Grief

Presenters: Tamar Gur, MD, PhD
and Holly Kozee, PhD

A Professional Conference Presented by:



NOVEMBER 27, 2018

Registration Begins: 8 am

Program: 8:30 am – 5:00 pm

REGISTER online at mhafc.org/trauma

Conference Content: Track One

*Helping Children & Families Cope
with Complex Trauma & Traumatic Grief*

Unfortunately, time may not heal all wounds we encounter in life. Whether they are brand new or decades old, these wounds can have devastating effects on our emotional state, relationships, sense of self, social functioning, and other aspects of daily life. This workshop will provide attendees a working theoretical knowledge of traumatic and complicated grief, PTSD and complex trauma, as well as effective interventions to use with children and family systems.

Learning Objectives: Track One

At the conclusion of the workshop, attendees will be able to

1. Develop a working theoretical knowledge of grief, traumatic grief, and complicated grief in children, teens, and family systems
2. Develop a working theoretical knowledge of PTSD and complex trauma and the physiological and psychological effects on children, teens, and family systems
3. Demonstrate effective interventions to use with children, teens and family systems suffering with grief, complicated grief, and traumatic grief

Who Should Attend: Track One

Social Workers, Counselors, Marriage and Family Therapists, Psychologists, Chemical Dependency Counselors, and Nurses

Conference Content: Track Two

*Addressing Maternal Mental Health Complications,
Pregnancy & Infant Loss, & Trauma & Grief*

This track is presented in partnership with *Alive in My Heart*, a nonprofit connecting families impacted by pregnancy and infant loss to each other and to Central Ohio community resources.

Pregnant and parenting women with mental health complications are a population often caught between primary and behavioral health care and show significant need for access to appropriate care. Suicide is the second most common cause of postpartum mortality and maternal depression/anxiety are stronger risk factors for child behavior problems than smoking, binge drinking, and emotional or physical abuse, says the National Center for Children in Poverty.

Attendees will discuss the six types of maternal mental illnesses, recognizing signs and symptoms, and most importantly, effective interventions and resources for mothers and families.

Pregnancy and infant losses are profound experiences that are seldom discussed and scarcely understood. We still have much to learn about the grief and recovery process for women and families who experience miscarriage and stillbirth. With informed treatment and care, mothers and families can learn ways to come to terms with loss while also emerging into a life that is fulfilling again.

Attendees will examine practices and models of effective treatment, obstacles to clinician efficacy, and learn from loss survivors about appropriate responses.

Learning Objectives: Track Two

At the conclusion of this program, participants will be able to

1. Discuss prevalence and symptoms of maternal mental health complications
2. Discuss how assessing perinatal emotional distress differs from clients in the general population
3. List evidence-based treatment options and resources for maternal mental health complications
4. Identify specific interventions to support and meet the needs of mothers and their partners following perinatal loss
5. Learn appropriate support and treatment techniques in acute and postpartum grief
6. Differentiate between helpful and non-helpful provider responses

Who Should Attend: Track Two

Due to limited space this track is for mental health clinicians only: Social Workers, Counselors, Marriage and Family Therapists, Psychologists, and Chemical Dependency Counselors

Presentation Format

A multi-modal format, including PowerPoint presentations, video, discussion, Q & A and audience interaction will be utilized. Informational handouts will also be distributed.

Continuing Education: Track One

OhioMHAS Continuing Education Committee is an approved provider of Continuing Education for RNs and LPNs for the Ohio Board of Nursing and has awarded 7.0 CE contact hours per OBN003 92-2472CO

OhioMHAS has been approved as a provider of Continuing Professional Education credit by the Ohio Counselor, Social Work, Marriage and Family Therapist Board. 7.0 CPEs have been awarded to Social Workers per RSX088902-2726CO and to Counselors per RCX068915-2699CO

OhioMHAS is approved by OPA-MCE to offer continuing education for Psychologists. 7.0 MCEs are awarded per 311334820-1754CO

OhioMHAS has been approved by the Ohio Chemical Dependency Professionals Board as a provider of Continuing Education Units and has awarded 7.0 CEUs per 50-18528. This program is approved for the following content area/s: R1 - 7.0 hours

Continuing Education: Track Two

OhioMHAS Continuing Education Committee is an approved provider of Continuing Education for RNs and LPNs for the Ohio Board of Nursing and has awarded 7.0 CE contact hours per OBN003 92-2741CO

OhioMHAS has been approved as a provider of Continuing Professional Education credit by the Ohio Counselor, Social Work, Marriage and Family Therapist Board. 7.0 CPEs have been awarded to Social Workers per RSX088902-2725CO and to Counselors per RCX068915-2698CO

OhioMHAS is approved by OPA-MCE to offer continuing education for Psychologists. 7.0 MCEs are awarded per 311334820-1753CO

OhioMHAS has been approved by the Ohio Chemical Dependency Professionals Board as a provider of Continuing Education Units and has awarded 7.0 CEUs per 50-18528. This program is approved for the following content area/s: R1 - 7.0 hours

Additional Information

Cost: \$50 Limited-Time Special Offer; \$99 Regular

Payment: Complete payment when registering online. Please call our office at 614-221-1441 to make other arrangements as necessary or for group registrations.

Discounts

- **Members:** An additional \$10 discount will be given to current members of MHAFC. Visit mhafc.org/donate to join.
- **Students and Retirees:** A \$20 discount is available for current students and retirees. Call 614-221-1441 for more information.
- **Pro Bono Counseling Volunteers and Support Group Facilitators** receive a 50% discount on full-day conferences.

Refunds: There will be NO REFUNDS after November 26. You may designate a substitute attendee or request a receipt for a tax-deductible donation if no one else is available.

Meals: Light continental breakfast will be provided. *Lunch will be on your own from 12:00-1:00 pm.* A list of several nearby restaurants will be available at the conference.

Interpreters and Disability Information: This conference is wheelchair accessible. Sign language interpreters are available upon request. Call 614-221-1441 if you require any additional accommodations for a disability by November 9.

About MHAFC

Mental Health America of Franklin County is a private, not-for-profit organization, established in 1956. We transform how people think about mental illness, make it easier to get help, and give people the support they need to get better and stay better. Our services include the maternal mental health program, POEM; an Ombudsman program that assists in navigating the mental health and AoD system; a Pro Bono Counseling Program for qualifying clients; support groups for people with mental illness and their families; mental health education; and Get Connected, a healthy living program for people with mental illness. Visit mhafc.org to learn more.

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St. Vincent Family Center
The Recovery Village Columbus
UMCH Family Services
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Provider Leadership Association

Co-sponsored by: Ohio Department of Mental Health and Addiction Services

About Our Speakers

Kristen Santel, LISW-S

Helping Children & Families Cope with Complex Trauma & Traumatic Grief

Kristen is a Licensed Independent Social Worker Supervisor (LISW-S) through the State of Ohio Counselor and Social Worker Board, graduating from The Ohio State University and the University of South Carolina with her BSSW and MSW in 2004, respectively. She is a Level II EMDR trained psychotherapist through EMDRIA with much advanced and master class training in somatic psychotherapy and reparative attachment, and is a Certified Hypnotherapist with American Society of Clinical Hypnosis, a Certified Trauma Specialist with the National Institute for Trauma and Loss in Children, and also trained in TF-CBT, CISM, and several other therapeutic modalities. Kristen has served as the Clinical Director of Camp Lionheart for 12 years, Central Ohio's week-long, overnight grief camp for children and teens in the Hocking Hills. Kristen currently runs two counseling private practices in Grandview, and frequently provides psychoeducation at conferences, schools and symposiums on topics such as traumatic grief, complex trauma, adoption issues and attachment. She lives in downtown Columbus, Ohio with her husband and their portly cat.

About Our Speakers (cont'd)

Dawn E. Gross, LPCC-S

Helping Children & Families Cope with Complex Trauma & Traumatic Grief

Dawn is the owner and Clinical Director of New Perspective Counseling & Consultation Services, LLC (NPCCS) and has more than 25 years of counseling experience. She obtained her Masters in Clinical Counseling from the University of Dayton and spent 17 years working for Mount Carmel Hospital in both inpatient and outpatient settings. In 1997, she founded Mount Carmel's Crime and Trauma Assistance Program (CTAP). Since then, she has dedicated much of her professional work to the healing of children and adults impacted by trauma.

Since moving to private practice in 2007, she has expanded her expertise in working with couples and families impacted by trauma, as well as those experiencing other transitions. Dawn takes a very individualized approach to treatment planning and likes to begin by focusing on strengths and resources. She has extensive training in EMDR, Sensorimotor Psychotherapy, and Dialectical Behavioral Therapy. In 2017, NPCCS and CTAP began a collaboration designed to help bring affordable, high quality training to the Columbus area. Her hope is to help further develop a community of excellence in the field of trauma.

Tamar Gur, MD, PhD

Addressing Maternal Mental Health Complications, Pregnancy & Infant Loss, & Trauma & Grief

Dr. Gur is an Assistant Professor in the departments of Psychiatry, Neuroscience, and Obstetrics & Gynecology at The Ohio State University. She received both her medical degree and PhD at the University of Pennsylvania, where she studied the effects of selective serotonin reuptake inhibitors (SSRIs) on neurogenesis. She completed her residency training in Psychiatry at the Hospital of the University of Pennsylvania, where she honed her research interests in women's mental health. Her research interest is on the effect of maternal mental illness and its treatment on the developing organism. She uses a variety of techniques to investigate the transgenerational transmission of mental illness, including rodent models and translational techniques.

As a maternal-fetal psychiatrist, she specializes in pre-conception, pregnancy and the postpartum period. She also treats women who may have suffered from infant loss, miscarriage or infertility. She strongly believes that helping the mother is the best possible treatment for the infant, and that they are working together toward a common goal. She provides a unique approach to patient care by combining an in-depth knowledge of basic, translational and clinical research with a compassionate understanding of the needs of her patients.

Holly Kozee, PhD

Addressing Maternal Mental Health Complications, Pregnancy & Infant Loss, & Trauma & Grief

Dr. Kozee has a PhD in Counseling Psychology from The Ohio State University and is a Licensed Psychologist in the states of Ohio and Texas. Her areas of specialty include perinatal mood and anxiety disorders, self-esteem, and helping women find their inner strength and wisdom through difficult events in their relationships, such as divorce or the discovery of partner infidelity. In addition to these issues, she also provides treatment for a range of other general mental health issues in women, such as stress or burnout, disordered eating, depression, anxiety, and post-traumatic stress disorder.

***NEW* Networking Happy Hour**

We'll be hosting a Networking Happy Hour, sponsored by the Pro Bono Counseling Program, at Old Bag of Nails Upper Arlington from 5:00-6:30 pm. Come join this wonderful opportunity to meet individuals with shared practice areas or specialties that differ from your own. This is also a chance for us to say thank you for your continued support of MHAFC programming. Drinks and appetizers provided. Please RSVP when registering for the conference online, or email Maureen at mtraverse@mhafc.org.