



Kristen Santel, LISW-S, is a psychotherapist and clinical social worker through the State of Ohio Counselor and Social Worker Board specializing in working with adults, children and teens managing complex and developmental trauma, PTSD, traumatic grief, attachment challenges, relationship issues and dissociative disorders. Kristen has also had much experience working with military, first responders and recent traumatic events. As an adoptee she has a specialization in working with the adoption and foster care community, child and adult adoptees, and reparative/developmental attachment in both childhood and into adulthood.

Kristen is a Level II EMDR Psychotherapist with Advanced and Master Class Training in Attachment and Somatic Psychotherapy (Eye Movement Desensitization and Reprocessing), certified hypnotherapist with American Society of Clinical Hypnotherapy, and a Certified Trauma Practitioner with the National Institute for Trauma and Loss in Children, as well as being trained in TF-CBT, CISM, and extensive training in IPNB (Interpersonal Neurobiology) and several other therapeutic modalities focusing on somatic psychotherapy and attachment. She uses a collaborative, integrative approach informed by Ego State and Internal Family Systems Therapy, with a strong emphasis on Interpersonal Neurobiology to assist clients in helping them feel well supported and educated.

Kristen is the Clinical Director of Camp Lionheart, a free, week-long residential summer camp for grieving children, here in Central Ohio at Camp Otyokwa. Camp Lionheart is in it's 16th year of existence providing grief support, compassion, trauma-focused counseling, and lots of fun to children suffering the death of parent or sibling. For more information on Camp Lionheart, please visit <http://www.camplionheart.org>.

Kristen is also the Director of the upcoming Camp Willow, a residential camp at Camp Joy, new to Ohio in 2022 for adoptees residing in the state of Ohio.

Kristen presents psychoeducation at many conferences and symposiums in the state of Ohio and other areas of the country, as well as support school districts in education on trauma and traumatic grief.

Keynote:

Collective Trauma at Camp:

- Individual and collective stress and grief: managing campers' trauma while taking care of ourselves and our staff
- How trauma presents on the micro and macro levels for individuals and groups
- The hardships of taking care of campers while taking care of staff and self and the intersection of personal and collective trauma
- Managing where camps have been in an era of collective trauma vs. where they need to go
- Physiological stress and effects on trust and attachment in an everchanging environment
- Coming together and finding community, hope, and safety in day and residential camps during times of isolation and disconnection

Breakout Session:

My Trauma is Coming With Me to Camp:

- An overview of the neurobiology and neurophysiology of complex and developmental trauma
- The stories that traumatized brains and bodies tell us without using words
- Understanding the connection between trauma and attachment challenges at day and residential camps
- Adaptive vs maladaptive behavior and learning to understand behaviors as resources and self-preservation rather than opposition
- Using mindfulness and self-compassion to build awareness around our own experience with trauma and attachment challenges to better take care of campers' difficulties
- The distinct and vital roles that self-care, education, and resources play in maintaining the overall health and wellness of camp morale, longevity, and decreasing burnout and compassion fatigue in working with traumatized youth