

Healing the Healer: Promoting Resiliency & Revitalizing Hope

Two-Day Virtual Symposium

4/27/2021 (9:00am—1:00pm) and 4/28/2021 (9:00am—1:00pm)

This two half-day virtual program will provide healing opportunities for caregivers and organizations to promote resiliency, self-care, and reflective practice to better serve clients. Interactive sessions include focusing on addressing organizational trauma, racism, stress management, therapeutic relationships, and much more. You do not want to miss out on this opportunity!

Sponsored in part by:



KEYNOTE SPEAKER:

Dr. Christine Schmidt

*Trauma and the Child Welfare
Professional: Self-Care Beyond the Bubble Bath
9:15am—10:15am (both days)*



Burnout—or the physical and emotional stress resulting from unfavorable work conditions, demanding employers, or too much to do and not enough time to do it—is a common consequence of many high-stress occupations. While child-welfare professionals, by the very nature of their jobs, are at risk for experiencing the stressors related to burnout, it is essential that we differentiate between the emotional and physical symptoms of burnout versus those symptoms that have origins in the human consequence of bearing witness to the suffering and pain of the youth, families, and communities with whom we work. Join us with Dr. Schmidt, who will discuss this topic over the two-day event.

TRAIN is a consortium of service providers who collaborate and share training and staff-development resources in order to best meet the needs of those served by community-based behavioral health organizations.

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Lutheran Social Services of Illinois

Healing the Healer: Promoting Resiliency & Revitalizing Hope

Breakout Options for Tuesday, 4/27/2021 from 10:30am—12:00pm

DR. JUDITH ALLEN

SARAH-BESS DORWIN

LOU ROCHA

ANGELA NINO



TRAUMA INFORMED ORGANIZATIONAL PRACTICE

CIRCLES FOR COMMUNITY BUILDING AND HEALING

VICARIOUS TRAUMA AND SELF PRESERVATION

HEAL THYSELF IMPROV

While clinicians and caretakers are adept at the client-forward practices around trauma-informed care, approaches to elements of PTSD and ACES-related issues, how are we utilizing those concepts on an organizational level? How do we determine when patience and grace are required versus progressive discipline? We'll also explore how to push self-care requirements beyond the rhetoric and into actual practice.

Circle Up! shows educators and youth-development specialists just how easy it is to integrate circles into daily community life. By experiencing a circle themselves, participants uncover key elements of circles. With easy-to-implement circle strategies like micro-circles, spiral circles, and fishbowl circles, educators can find ways to "circle up" large and small groups online and in person. Circles may be used to establish norms at the beginning of a program, foster academic conversations, and offer emotional support in challenging times.

Vicarious trauma can cause those who work in communities with multiple needs and traumas feel helpless, disheartened, and overwhelmed. This workshop will explore the impact of vicarious and secondary trauma. Participants will learn about reasonable and practical self-care practices, while also examining the guilt that workers/helpers often feel when they are taking time to take care of themselves. Participants will learn about best practices for supporting co-workers/staff who provide services to communities with a history of trauma.

There is a reason they say laughter is the best medicine. Laughter is a coping mechanism known to naturally reduce stress. Play is known as a key to living a wholehearted life. In this session, we will play games to help participants break down defense mechanisms, explore the willingness to be vulnerable, and express themselves creatively. All this happens while laughing, bonding, and healing together.

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Breakout Options for Wednesday, 4/28/2021 from 10:30am—12:00pm

DR. EBERT

SARAH-BESS DORWIN

CHICAGO FREEDOM
SCHOOL

KERRY-ANN SLEEP
& ERIN LASTRES



ORGANIZATIONAL
FUNCTIONING

CIRCLES FOR
COMMUNITY BUILDING
AND HEALING

FOSTERING A
TRAUMA INFORMED
APPROACH

REFLECTIVE
SUPERVISION

Having an organizational culture of trauma—resiliency-informed care is essential in our service to children, families and communities. This workshop will identify challenges as well as pathways to organizational health while working in adversity. This session will look at understanding the link between traumatic stress and organizational stress. It will go further into exploring the unhealthy ways organizations attempt to manage stress. Participants will learn strategies for nurturing healthy trauma and resiliency-informed organizations, and understand leadership styles that support trauma and resiliency informed care.

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This workshop will explore strategies to develop and introduce healing-centered practices within youth spaces. Participants will understand how trauma manifests personally, interpersonally, and within communities using an anti-oppression lens. We will also examine how resiliency has been created and passed down generationally, as well as share tools to engage in a healing-centered approach to trauma and harm.

The supervisory relationship plays an important role in the professional growth of mental-health workers. The supportive relationship between a supervisor and supervisee can influence the relationship a mental-health worker has with clients. Reflective supervision is foundational in developing an organization that addresses and reduces burnout and vicarious trauma in its workers.

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CLOSING SESSION: Tuesday, 4/27/2021 (12:15pm-12:45pm)

JASMEN MICKEY, Mercy Home for Boys and Girls



Meditation for Stress—Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Jasmen Mickey will walk you through a meditation activity that combines breath awareness, the body scan, and mindfulness of thoughts in order to confront tension and anxiety.



CLOSING SESSION: Wednesday, 4/28/2021 (12:15pm-12:45pm)

COURTNEY WRUBEL & DEREK JOYCE, Lawrence Hall



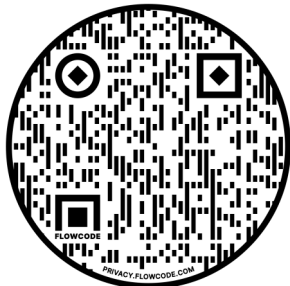
Lawrence Hall's board-certified music therapists will lead you through an interactive, music-assisted experience that will leave you feeling grounded and refreshed. Be prepared to share some of your favorite songs that promote healing and resiliency, discuss the need for self-care through song exploration, and connect body and mind together with a music-based mindfulness practice.



REGISTER HERE: <http://events.constantcontact.com/register/event?llr=7cdm7e7ab&oeidk=a07ehkeu97iba512555>

Questions/comments: please contact dpodmore@lawrencehall.org

Or register by using the QR code to the left.



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Simply open your phone camera and point it toward the code and the registration page will open.

5.0 CEU/CEs offered for full attendance on 4/27/2021 and 4/28/2021

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