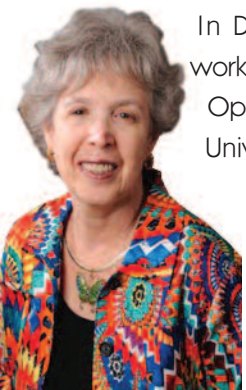


The Worcester Institute on Loss and Trauma



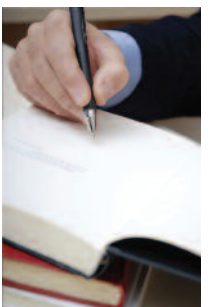
After the 1999 Worcester Cold Storage Fire that claimed the lives of six firefighters, the Worcester community lacked a system and comprehensive way to help those who had suffered both directly and indirectly from the loss and trauma that resulted from this event.



In December 1999, Dr. Marjorie Cahn worked tirelessly with the leadership of Youth Opportunities Upheld (Y.O.U., Inc.) and the University of Massachusetts Medical School, Department of Psychiatry to develop the purpose and structure of the Worcester Institute on Loss and Trauma. Conferences have been held annually since 2000.

Committee Members for 2014 Conference

- Chairperson Emeritus: Marjorie Cahn, LICSW, Ed.D.
- | | |
|--------------------------------------|-----------------------------|
| Beth Barto, LMHC | Evan Graber, Ph.D. |
| Bonnie Byer, M.A. | David Hollis, LICSW |
| Christine MacWade, LICSW | Donna Jerszyk-Hollis, LICSW |
| Anne Fine, LICSW | Paul Kelleher, LICSW |
| Elizabeth Folcarelli, Ph.D., ABD, MS | Elizabeth O'Brien, LICSW |
| Elisabeta Gega-Blaney, M.B.A. | Elaine Waters-Daverio, LMHC |



Book signings

Keynote presenters will be conducting signings periodically throughout the day. Books will be available for purchase on the day of the conference.



Meet the Keynote Presenters

Linda Daniels, Psy.D. is a practicing forensic and clinical psychologist and Director of Doctoral Forensic Psychology Concentration Program at MSPP. As the former Chief Psychologist at Port Authority of New York and New Jersey (1999-2004), Dr. Daniels is a direct survivor of the 9/11 terrorist attack on the World Trade Center. She later treated over 200 other 9/11 direct survivors including civilians, police and other emergency personnel. Subsequently, she published the book entitled: *Healing Journeys: How Trauma Survivors Learn to Live Again* (2004). Dr. Daniels is a former Massachusetts Emergency Preparedness Department Trainer in Behavioral Health Disaster Response for Mental Health and Substance Abuse Professionals and co-authored the Massachusetts Behavioral Health Disaster Responder Participant Reference Guide.

Valerie Cole, Ph.D. is a clinical psychologist working at the American Red Cross. Dr. Cole is responsible for operations support for national disasters, which includes developing and implementing policies and procedures of the disaster mental health activity for its 5,000 volunteers. She is also tasked with coordinating the updates for the "American Red Cross Disaster Mental Health Handbook" and the revised "Foundations of Disaster Mental Health (DMH)" training. Previously, Dr. Cole was in private practice and was also an associate professor of psychology at St. John Fisher College in Rochester, N.Y. Dr. Cole has written curricula on provisions of disaster mental health services related to substance abuse and mental illness during disasters and has been published on the topics of social support and recruitment and retention of volunteers.

Robert D. Macy, Ph.D. is a pioneer in the field of Trauma Informed Care, public-mental health psychosocial intervention and research and violence prevention initiatives for children, youth, families and communities exposed to traumatic events including large-scale disasters, terrorist events, political, community, armed conflict violence and trans-generational impoverishment. During the last 25 years Macy and his team have designed, implemented and evaluated trauma informed care initiatives, psychosocial assessment and intervention projects in the United States, Europe, the Middle East, Asia and Africa.

Robert D. Macy is Founder & President of the International Trauma Center, Founder & Executive Director of the Boston Children's Foundation, a Research Fellow in Psychology at McLean's Hospital's Developmental Psychology and Psychopathology Program, Harvard Medical School. Dr. Macy consults with the National Center for Child Traumatic Stress Network (NCTSN) – Terrorism and Disaster Branch and serves as Core Faculty for the Psychological First Aid and Skills For Psychological Recovery Learning Communities.

Conference Location:

College of the Holy Cross – Hogan Campus Center
1 College Square
Worcester, MA 01610

Worcester Institute on Loss and Trauma 15th Annual Conference

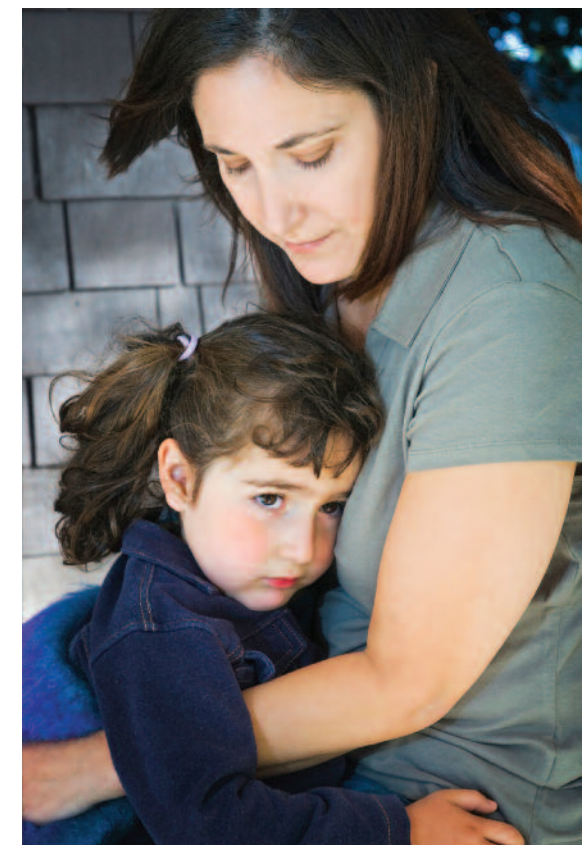
When Tragedy Happens: Understanding Acute Care and Psychological First Aid

Wednesday, September 17, 2014

Hogan Center, College of the Holy Cross, Worcester, MA

Featured speakers:

- Linda Daniels, Psy.D.**
Healing Journeys: How Trauma Survivors Learn to Live Again
- Valerie Cole, Ph.D.**
Holistic Care for Disaster Stress
- Robert D. Macy, Ph.D.**
Acute Psychological Trauma – Early Intervention and Stabilization: The Practice of Psychological First Aid



Y.O.U., Inc.
81 Plantation Street
Worcester, MA 01604

Worcester Institute on Loss and Trauma 15th Annual Conference When Tragedy Happens: Understanding Acute Care and Psychological First Aid

Featuring
Linda Daniels, Psy.D. ♦ Valerie Cole, Ph.D. ♦ Robert D. Macy, Ph.D.

Sponsors:

Wednesday, September 17, 2014

College of the Holy Cross, Worcester, MA

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When Tragedy Happens: Understanding Acute Care and Psychological First Aid

15th Annual Conference of the Worcester Institute on Loss and Trauma

Welcome all! Enjoy the day!

— Marjorie Cahn, Ed.D., Founder and Emeritus Institute Chair

Agenda

8:00 Registration		
8:45	Welcome	Elizabeth Folcarelli, Ph.D. ABD, MS – President and CEO of Y.O.U., Inc.
9:00	Personal Story Keynote Healing Journeys: How Trauma Survivors Learn to Live Again	Linda Daniels, Psy.D. Dr. Daniels is a forensic and clinical psychologist and core member faculty at the Massachusetts School of Professional Psychology. As the former Chief Psychologist at The Port Authority of New York and New Jersey, Dr. Daniels is a direct survivor of the 9/11 terrorist attack on the World Trade Center. She later treated over 200 other direct survivors of 9/11, including civilians, police and other emergency personnel. Subsequently, she published the book entitled "Healing Journeys: How Trauma Survivors Learn to Live Again" Dr. Daniels will highlight the diversity and uniqueness of each individual's healing path and the role of "telling my story" in trauma recovery.
10:15	Break/Book Signing	
10:30	Keynote Holistic Care for Disaster Stress	Valerie Cole, Ph.D. Dr. Cole will discuss her experiences as a first responder and present current research on the effect of natural and human-caused disaster stressors and traumas on immediate and long-term consequences of disaster. Recognizing anticipated responses to disaster is key to providing the appropriate intervention. Dr. Cole will discuss the differences between disaster stress and trauma and present a holistic approach to caring for victims of disaster that includes mind, body, and spirit.
12:00	Lunch	
12:45	Keynote Acute Psychological Trauma-Early Intervention and Stabilization: The Practice of Psychological First Aid	Robert D. Macy, Ph.D. Dr. Macy will outline in detail the fundamental principles of practice for Psychological First Aid (PFA). PFA is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. PFA does not assume that all survivors will develop severe mental health problems or long-term difficulties in recovery. In fact, PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping skills.
2:15	Break/Book Signing	

2:30-4:00 Workshops

A Post-Traumatic Growth (PTG): An Ancient Wisdom	Linda Daniels, Psy.D. PTG is positive change experienced as a result of the struggle with a major life crisis or a traumatic event. PTG is present in ancient spiritual and religious traditions, literature, and philosophy. This workshop will challenge participants to consider a paradigm shift when conceptualizing loss and trauma. Participants will identify potential entry points in which PTG may be fostered in trauma survivors, and share strategies to enhance PTG in individuals and organizations.
B Your Oxygen Mask First: Force Health Protection Strategies for Disaster Responders <i>Stephen M. Cahn, Esq. Memorial Workshop</i>	Valerie Cole, Ph.D. The ability to fulfill the mission of the organization will be the focus of this workshop. Participants will identify the obstacles that prevent them from practicing effective self-care during a disaster response. Participants will develop an individual and organizational response approach to remove obstacles and mitigate the long-term effects of disasters on the responder workforce.
C Application of Community Based Dance Movement Therapy (DMT) to Support Resiliency Processing with Survivors of the Boston Marathon Bombings	Robert D. Macy, Ph.D. Immediately following the Boston Marathon bombings, community members who survived the event were referred to trauma focused, DMT-based acute trauma stabilization services. This workshop will provide detailed descriptions and demonstrations of five phase-oriented specific DMT protocols including somatocognitive and neurosequential modeling techniques that support physical, emotional, psychological and spiritual stabilization and enhance and sustain rapid information processing and somatic symptom reduction after exposure to extreme stress events.
D Postvention: Responding to Schools and Communities Following Adolescent Suicide	Joanna Bridger, LICSW – Clinical Services Director for the Riverside Trauma Center This training teaches participants how to address the needs of their communities in the aftermath of a sudden and often public death. This training is based on Riverside Trauma Center's Postvention Protocols, which have been approved for listing in the Best Practices Registry for Suicide Prevention, a collaboration between the Suicide Prevention Resource Center and the American Foundation for Suicide Prevention.
E Working with Military and Their Families	Louise Graham, Ph.D. – Professor - Graduate Department of Counselor Education Bridgewater State Veterans and their families face enormous difficulties when transitioning to home. Civilian counselors, often unfamiliar with military culture and the emotional aftermath of war, are being called upon to provide counseling to veterans and their families as veterans reintegrate into civilian life. This presentation will address the military as a culture and how this world view can play out in the counseling session. Resources for the military family and techniques to help the family and military person will be discussed.
F Yoga and Self Compassion Skills to Support Self-Care in Mental Health Professions	Deirdre Fay, MSW, LICSW Trauma and attachment issues leave bodies ruptured, constantly mobilizing for threat. As mental health professionals, we may have our own trauma histories which can get activated by our clients healing process. This workshop provides evidence based yoga and self-compassion skills that are practical and concrete for professionals and clients to use in supporting the development of more satisfying life patterns.



Purpose of the Conference

Catastrophe may strike in the form of natural disasters or due to terrorism, school shootings, serious automobile accidents, and/or other devastating and unexpected events. Mental health providers and educators, in addition to first responders, are often involved in assisting survivors to cope with overwhelming events and acute stress. Offering topics that are timely and relevant, this conference will focus on understanding acute stress, its treatment, and core functions of Psychological First Aid (PFA).

Conference participants will learn the impact of disaster and terrorism, as well as have an overview of current best practice for treating children and families who experience such tragedies.

Educational Objectives

Upon the completion of the conference, participants will be able to:

1. Understand the inherent subjectivity in the experiences of trauma survivors and the role that survivors' "lived experiences" play in the healing process.
2. To recognize anticipated stressors associated with natural and human-caused disasters.
3. Gain a current and comprehensive understanding of the 8 Core Actions of Psychological First Aid.
4. Identify effective strategies for screening when and where Psychological First Aid should be used.
5. Review strategies that both organizations and individuals can use to protect responders' emotional health.

Continuing Education Credits

Licensed Mental Health Counselors

6 CEUs have been applied for this program through MMCEP/ MaMHCA.

Social Workers

Application for social work continuing education credits has been submitted. Please contact us at gegae@youinc.org for the status of social work CE accreditation.

Psychologists

6 CEUs have been applied for this program through The Institute of Clinical Training and Research (ICTR). Participants attending the entire program and completing a program evaluation will receive 6 continuing education credits. You must be present in order to receive CE credits..

Teachers

Y.O.U., Inc. is an approved provider of PDPs for teachers.

Nurses

This offering meets the requirements for up to 6 contact hours, as specified by the Massachusetts Board of Registration in Nursing 244 CMR 31.00. Each nurse should claim only those hours of credit that he/she actually spent in educational activity.

Licensed Marriage and Family Therapists

6 CEUs have been applied for this program FDA/CE Certifications and the Massachusetts Association for Marriage & Family Therapy, Inc.

Registration Form

Deadline for Registration is September 12, 2014 and based on availability.

Name (First, Last) _____

Agency/Credentials _____

Agency/Home Address _____

City _____ State _____ Zip _____

E-mail address _____

Registration confirmations will only be sent via e-mail.

Telephone number _____

Special accommodations must be received by August 15, 2014.

Afternoon Workshop

- A. Post-Traumatic Growth: An Ancient Wisdom
- B. Your Oxygen Mask First: Force Health Protection Strategies for Disaster Responders
- C. Application of Community Based DMT to Support Resiliency Processing with survivors of the Boston Marathon Bombings
- D. Postvention: Responding to Schools and Communities Following Adolescent Suicide
- E. Working with Military and Their Families
- F. Yoga and Self Compassion Skills To Support Self-Care in Mental Health Professions

1st Choice	A	B	C	D	E	F
2nd Choice	A	B	C	D	E	F

Registration Fees

Registration fee includes continental breakfast, lunch, and continuing education credits.

Early Registration Fee, received on August 15, 2014 \$140.00

Full Registration Fee effective August 16, 2014 \$160.00

Tickets for Eight (8) \$1,000.00

(Note: No Table reservations available.)

Please make all checks payable to Y.O.U., Inc.

Send form and payments to:

Worcester Institute on Loss and Trauma

Y.O.U., Inc.

81 Plantation Street

Worcester, MA 01604

To pay by credit card, please go to www.youinc.org

For further information please contact

Elisabeta Gega-Blaney at (508) 849-5600 ext. 289

E-mail gegae@youinc.org

All registration fees are non-refundable.

