

NCPAT Conference

How Do I Become a Better Facilitator: Going Forward from COVID & Deepening our Work with Healing Focused Care

July 29–30, 2021

8 am to 5 pm

Live Webinar

Program Overview and Objectives

For the first time in most of our lives, we shared a worldwide experience that profoundly challenged our everyday assumptions and disrupted our day-to-day reality. COVID-19 brought an unprecedented mix of new stressors, emotions, difficulties and possibilities, for the people in our programs, as well as for each one of us. We ALL had to figure out how to respond. For most of us at the conference our individual response included the decision to continue doing transformative work with other people - many of whom had challenges that become even more complex and exacerbated by the fear, disruption and extreme stress of the times. It was a lot.

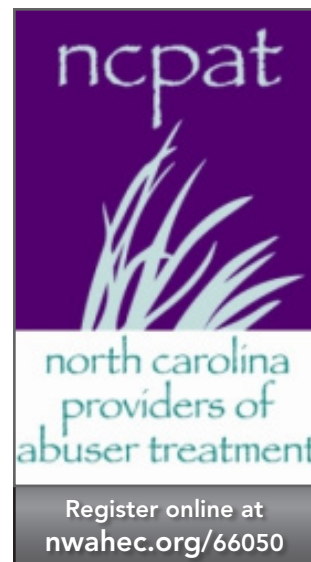
What can we learn about ourselves, about the way we show-up in our work, from our experiences during COVID? How can we translate this learning to continuous growth and improvement of the ways we interact with the people in our programs?

In this 2-day workshop, we will utilize an experiential immersion with the approach of Healing Focused Care to engage with these questions. As an immersion, the workshop is not only an intellectual enterprise, but also an opportunity to connect with our own emotional wellness.

Healing Focused Care is an approach to creating a conscious, purposeful, compassionate, and respectful culture of trauma awareness and wellness, which incorporates the best evidence-based strategies to allow space for trauma to heal. Allowing space is a way of being in relationship with people struggling with the impacts of trauma that serves to counteract the adaptive attitudes and behaviors that are dysfunctional to healthy relationships.

Upon completion of this program, participants should be better able to:

- Discuss the impact of COVID-19.
- Explain the effects of trauma.
- Describe the impact of survival brain and perceived threats to safety on belief system and behavior.
- Explain trauma as a disconnect from Authentic Self.
- Describe core wounds and triggers.
- Discuss trauma narratives.
- Facilitate self-mastery and healing.



Jointly Provided by: NC Providers of Abuser Treatment (NCPAT), NC Council for Women, Mecklenburg County Community Support Services and Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and a part of the NC AHEC System.

continued ►



Who Should Attend

This conference will be beneficial to providers of abuser treatment, law enforcement, social workers, victim advocates, clergy, health care professionals, peer support specialists, marriage and family therapists, licensed professional counselors, substance abuse counselors and psychologists.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Credits

- 13.25 Contact Hours from Northwest AHEC
- 1.3 CEUs from Wake Forest School of Medicine
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 13.25 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- This program does not provide specific NBCC Credits. However, per LCMHC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Organization (NAO). Northwest AHEC is a member of the NAO.

Faculty

Terri Strodthoff, PhD is the Founder and Executive Director of the Alma Center. The Alma Center is a community-based agency in Milwaukee working to heal, transform and evolve the unresolved pain of trauma that fuels the continuation of cycles of violence, abuse and dysfunction in families and community. The Alma Center works primarily with men at-risk or involved in the criminal justice system, with a particular focus on men who have a history of domestic violence. Dr. Strodthoff has more than 30 years in the field of Healing Focused Care, and is a nationally recognized expert in moving the field toward more restorative practices.

Floyd Rowell, II is the Keeper of the Wisdom Walk to Self-Mastery Program at the Alma Center, an intensive trauma resolution program incorporating indigenous healing practices and modern neuroscience. He has been actively working in the effort to create peaceful change among men in the Milwaukee community and end violence against women and girls for over a decade. Floyd has courageously and wholeheartedly engaged in his own process of transformation, having first come to the Alma Center as a client in the Men Ending Violence Program. Utilizing his own experiential knowledge of having walked in the same shoes, as well as his deep study of psychology and spiritual practice, Floyd has helped many abusive men re-examine and heal from the violence in their own background and stop repeating the same cycle of perpetration with their partners and children.

Kima Hamilton is a Lead-Navigator for the Wisdom Walk to Self-Mastery and Journey Towards Legacy programs at the Alma Center. Kima works to motivate, guide, and support men through an intensive and deep process of trauma resolution for peaceful change. In addition to his work at the Alma Center, Kima utilizes spoken word poetry and the creative process to facilitate transformative experiences with young adults. Kima has worked in the practice of restorative healing through authentic relationship, and the effort to end violence in all forms for more than 15 years. He is a nationally recognized and award-winning spoken word poet, DJ, and healer.

Jolynn Woehrer is a lead Navigator for the Journey Toward Legacy Program at the Alma Center. Jolynn has been working in the field of domestic violence for nearly 20 years. Throughout her professional tenure, Jolynn has coordinated and facilitated support and education programming for female survivors, children exposed to domestic violence, veterans healing from sexual trauma, and male perpetrators of violence, with a dedicated focus on enhancing opportunities for healing and empowerment. She holds a MA in Women's Studies, with a focus on Human Rights in a North American Context.

Agenda

Day 1, Thursday, July 29, 2021

Taking a deep breath, re-connecting and refreshing

Through the use of stories, break-out sessions and experiential learning, we will take some time to share with each other and release what we have taken on this past year. The workshop will include a refresher and updated understanding of trauma, and an exploration of the intersections between unresolved trauma and the responses to COVID-19 for our clients and for ourselves.

- 8:00 am **Tech check-in**
- 8:50 am **Overview**
- 9:05 am **Mindfulness Practice**
- 9:30 am **Guided Introduction – What have I Experienced/Learned through COVID-19: Connecting with Our Stories**
- 9:45 am **Break-out sessions (one on one Conversation)**
- 10:05 am **Facilitated Discussion**
- 10:25 am **Break**
- 10:40 am **Reconnecting to Our Understanding of Trauma**
- 12 pm **Lunch**
- 1:30 pm **COVID-19 & Unresolved Trauma**
- 2:15 pm **Guided Introduction – How am I feeling through COVID-19: Connecting with Our Emotions**
- 2:25 pm **Break-out Session (one on one Conversation)**
- 2:45 pm **Break**
- 3 pm **Facilitated Discussion**
- 3:15 pm **Healing Focused Care & Doing Our Own Work**
- 4 pm **Home Practice**
- 4:30 pm **Adjourn**

Agenda

Day 2, Friday, July 30, 2021

Growing our consciousness to deepen our work

Our ability to allow space for others is significantly impacted by our own personal healing journey. It is difficult to be present with others through a process we have been unwilling or unable to step into ourselves. The workshop will provide opportunity to take a deeper dive into the exploration of own core wounds, triggers, and trauma narratives to unpack the potential impact of what we carry on our ability to be present in the transformative journey of the people in our programs.

- 8:30 am **Opening**
- 8:45 am **Small Group Discussion: Ah-Hahs, Take-aways & Questions**
- 9:05 am **Facilitated Discussion**
- 9:30 am **Mindfulness Practice**
- 9:40 am **Trauma as a Disconnect from Authentic Self**
- 10 am **Guided Introduction – Exploring Authentic Self**
- 10:10 am **Break-out sessions (one on one conversation)**
- 10:30 am **Break**
- 10:45 am **Facilitated Discussion**
- 11 am **Core Wounds & Triggers**
- 1:30 am **Guided Introduction – The Upset Exercise**
- 11:35 am **Break-out Session (one on one conversation)**
- 11:55 am **Guided Discussions**
- 12:15 pm **Lunch/NCPAT Meeting**
- 12:30 pm **DVIP Training**
- 1:30 pm **Unpacking Our Trauma Narratives**
- 2:15 pm **Self-Mastery & Healing**
- 2:45 pm **Break**
- 3 pm **Guided Introduction – What does this have to do with Facilitating ABIP?**
- 3:30 pm **Facilitated Discussion**
- 2:45 pm **Adjourn**

Registration

NCPAT Members

\$125 - Registration Fee per individual

\$100 - Group Rate per person*

Non-Members

\$225 - Registration Fee per individual

\$200 - Group Rate per person*

* Group rates apply to two or more participants registering together from the same organization.

Become a Member of NC Providers of Abuser Treatment (NCPAT) and save on conference fees!

NCPAT Membership Dues

\$50 — Individual membership

\$100 — Institutional membership for programs with 1-10 staff, including contract staff

\$150 — Institutional membership for programs with over 10 staff, including contract staff

Register and pay online at www.northwestahec.org or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and two full business days before the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation fee is received less than two days before the activity. **Cancellations must be in writing (email or mail).** You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

If you have not received confirmation of your registration 24-hours before the program date, please call Gail Pawlik at 336-713-7761, or email gpawlik@wakehealth.edu, to verify the status of your registration.

Note—Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations. If you do not wish to be photographed, you may opt out of photographs the day of the activity.

For More Information or Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Gail Pawlik at least five working days before the activity by emailing gpawlik@wakehealth.edu or calling 336-713-7761.

Registration Form

NCPAT Conference July 29-30, 2021

Register online at northwestahec.org

Registraion Fees	NCPAT Members	Non-NCPAT Members
Individual rate	<input type="checkbox"/> \$125	<input type="checkbox"/> \$225
* Group rate Two or more participants registering together from the same organization	<input type="checkbox"/> \$100/person	<input type="checkbox"/> \$200/person

* Mail Group registrations together to: Wake forest School of Medicine / NWAHEC
 Medical Center Blvd., Winston-Salem, NC 27157-3311
 Attn: Gail Pawlik

* Email group registrations in the same email to: gpawlik@wakehealth.edu

NCPAT Membership Fees (Optional):

- \$50— Individual
- \$100— Institutional member 1-10 staff, including contract staff
- \$150— Institutional members over 10 staff, including contract staff

Primary Phone # (last 4 digits only): * required

First Name	MI	Last	Degrees (e.g., MD)		
Profession		Job Title			
Home Address		City	State	Zip	County
Home Phone		Cell Phone			
Employer					
Employer Address		City	State	Zip	County
Employer Phone		Employer Fax			

Email Required:

- Preferred Email Home Email Work Email

By providing your email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Please register **ONLINE** at www.nwahec.org/66050 (Recommended)

OR select one of the following options:

- Make check payable** to "Wake Forest University Health Sciences" and mail, with registration form, to:
 Wake Forest School of Medicine / NW AHEC
 Medical Center Boulevard, Winston-Salem, NC 27157-3311
 Attention: Gail Pawlik
- WFBMC Internal Transfer:** 25-digit chartfield # _____ - _____ - _____ - _____ - _____
- Employer Payment:** Supervisor completes below

Supervisor's Name (Printed) _____ Signature _____ Phone _____

By signing, I am certifying that agency payment will follow. I understand that if I have a balance due and do not attend or send a substitute, I will be invoiced for the full program fee.