

BEYOND TRAUMA: A Healing Journey for Women

AUG 22-23, 2019



LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville NC 28803
DAY 1 REGISTRATION PROGRAM	Thursday, August 22, 2019 8:30 am–9:00 am (<i>light breakfast provided</i>) 9:00 am–4:00 pm (<i>lunch provided</i>)
DAY 2 REGISTRATION PROGRAM	Friday, August 23, 2019 8:30 am–9:00 am (<i>light breakfast provided</i>) 9:00 am–4:00 pm (<i>lunch provided</i>)

EARLY REGISTRATION FEES THROUGH AUGUST 15, 2019

PROGRAM FEE	\$199.00 per person
MAHEC EMPLOYEES	FREE (<i>must register to attend</i>)

DESCRIPTION

This two-day training introduces the newly revised, evidence-based *Beyond Trauma: A Healing Journey for Women* program materials. The revised edition incorporates the insights of neuroscience with the latest understanding of trauma and PTSD to assist both new and seasoned group leaders. Cognitive-behavioral techniques, mindfulness, expressive arts, and the principles of relational therapy are integrated into this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the other self (behavior and relationships, including parenting). The focus of this training is on interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. In addition, there is a segment on specific issues in criminal justice settings, and the end of each of the twelve sessions has information on adapting for girls. The newly revised, abbreviated, six-session version entitled *Healing Trauma* is also discussed.

AUDIENCE

Mental health providers, psychologists, nurses, social workers, and other interested mental healthcare professionals.

OBJECTIVES

Upon completion of this activity, participants will be able to:

- Describe process of trauma
- Delineate gender differences in responses to trauma
- Demonstrate specific treatment strategies
- Practice mental and physical grounding exercises
- Describe the six-session intervention, *Healing Trauma*

[CLICK HERE TO REGISTER](#)

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **11.0** hours.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Approved for **11.0** hours.

11.0 CNE Contact Hours

MAHEC is an approved provider of continuing nursing education by the NC Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit.

Psychologists: Mountain AHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **11.0** hours Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **1.1** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **11.0** contact hours.

FACULTY

Tywla Peterson-Wilson, LCSW, ACSW
Stephanie Covington, LLC, La Jolla, CA



PLANNING COMMITTEE

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MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

DAY 1 AGENDA

- 8:30–9:00** Registration and Light Breakfast (*provided*)
- 9:00–9:15** Welcome and Introductions
- 9:15–10:30**
- Levels of Violence
 - Definition of Trauma
 - Becoming Gender-responsive
 - Trauma-informed Services
 - Q&A
- 10:30–10:45** Break
- 10:45–12:00**
- Gender Differences
 - Process of Trauma
 - ACE Study
 - Stages of Recovery
 - Q&A
- 12:00–1:00** Lunch (*provided*)
- 1:30–2:30**
- Beyond Trauma
 - **Module A:** Violence, Abuse, and Trauma
 - **Session 1:** Connections Between Violence, Abuse, and Trauma
 - **Session 2:** Power and Abuse
 - Q&A
- 2:30–2:45** Break
- 2:45–3:45**
- Beyond Trauma
 - **Module B:** The Impact of Trauma on Women's Lives
 - **Session 3:** Reactions to Trauma
 - **Session 4:** How Trauma Impacts Our Lives
 - Q&A
- 3:45–4:00** Closing

DAY 2 AGENDA

- 8:30–9:00** Registration and Light Breakfast (*provided*)
- 9:00–9:30**
- Welcome
 - Q&A
 - Healing Trauma (six-session adaption)
- 9:30–10:30**
- Beyond Trauma
 - **Module C:** Healing from Trauma
 - **Session 5:** The Addiction-Trauma Connection
 - **Session 6:** Grounding and Self-Soothing
 - Q&A
- 10:30–10:45** Break
- 10:45–12:00**
- Beyond Trauma
 - **Session 7:** Abuse and the Family
 - **Session 8:** Mind and Body Connection
 - Q&A
- 12:00–1:00** Lunch
- 1:00–2:30**
- Beyond Trauma
 - **Session 9:** The World of Feelings
 - **Session 10:** Healthy Relationships: Wheel of Love
 - Q&A
- 2:30–2:45** Break
- 2:45–3:45**
- Beyond Trauma
 - **Session 11:** Endings and Beginnings
- 3:45–4:00** Closing

REGISTRATION

Early registration deadline: August 15, 2019

The program registration fee is \$199.00 per person or FREE for MAHEC Employees (must register in order to attend). These fees include administrative costs, educational materials, a light breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.



Stay connected! Follow us on Facebook: @MAHECED

HAVE A QUESTION?

Contact the Program Planner

Rhonda Egerton, PTA

rhonda.egerton@mahec.net or 828-257-2984

REGISTRATION INFORMATION

FAX REGISTRATION

ONLINE REGISTRATION

EMAIL

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803



Special Services

828-257-4468

828-257-4475

828-257-4768

www.mahec.net

registration@mahec.net

CLICK HERE TO REGISTER ONLINE

(must attend both days)

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REGISTRATION FORM

[CLICK HERE
TO REGISTER](#)

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE Vegetarian Gluten-free Vegan

REGISTRATION FEE \$199.00 \$214.00 (after 8/15/2019)

MAHEC EMPLOYEES FREE (must register in order to attend)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #19MH034/58281
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768