

**CAROL HUDGINS- MITCHELL, M.Ed., LSW, NBCCH**

Ms. Hudgins-Mitchell is a Certified Trauma Specialist. She provides training and consultation through Finding Hope Consulting. She has a background in special education and counseling and has 30 years experience in trauma treatment, relational and play therapy. Ms. Hudgins-Mitchell is a trainer and coach for the Ohio Child Welfare Training Program. She is certified in forensic interviewing and is a Nationally Certified Clinical Hypnotherapist.

**MARY VICARIO, LPCC-S**

Ms. Vicario is a Certified Trauma Specialist and founder of Finding Hope Consulting. She has 25 years experience working with trauma survivors and training on trauma informed care. She has been a People to People delegate to China and Mongolia with the American Counseling Association and guest lectured and participated in a conference on human trafficking in Germany. Ms. Vicario is also a trainer for the Ohio Child Welfare Training Program and worked with Hamilton County Juvenile Court for 8 years through Creative Connections and Hamilton Choice.



# REGISTRATION

**Registration information**

Go to [www.aaa3.org](http://www.aaa3.org) and then click on the link Facilitating Healing, Resiliency and Hope

Cost: \$75.00

To register for the training. Please fill out all the required fields. you may pay by using the Pay Pal service or by sending a check to:

Area Agency on Aging 3  
200 E. High St. 2nd floor  
Lima, Ohio 45801  
Attn: LaSheena Thompson

# LOCATION

**The Lima Civic and Convention Center**  
7 Public Square  
Lima, Ohio 45801

**Parking is available at:**

Market Street Parking Garage  
150 West Market Street  
Lima, Ohio 45801

Parking is available at a reduced rate of \$3.50 for the day with exit/re-entry for lunch

**Questions:**

**Awakenings at 419-222-7723**

# FACILITATING HEALING, RESILIENCY, AND HOPE:

**A TRAUMA TREATMENT FRAMEWORK**

**JULY 26, 2017**

# PRESENTERS:

MARY VICARIO, LPCC-S

CAROL HUDGINS-MITCHELL, M.ED., LSW

CERTIFIED TRAUMA SPECIALISTS

FINDING HOPE CONSULTING, LLC

# SPONSORED BY:

**AWAKENINGS**

**AREA AGENCY ON AGING 3**

# TRAUMA

Trauma is now recognized as a near universal experience of individuals with behavioral health problems often resulting in a complex array of social, emotional, and behavioral challenges.

Through understanding of the latest trauma research and careful translation into practice, we can help trauma survivors experience healing, resiliency, and hope.

# CEUs

## 6 CEU HOURS

CSWMFT Board Approved # MCST071706

## 6 CEU HOURS

Ohio Board of Nursing Approved through the Ohio Mental Health and Addiction Services # OBN003 92-2180CO

# OBJECTIVES

1. The centrality of relationships in human growth and development, how the quality of relationships affects brain development, and the healing power of empathetic connection.
2. Cultural context and its impact physically, psychologically, and behaviorally.
3. The impact of trauma on brain development, attachment, and developmental milestones.
4. Trauma-induced, co-occurring disorders.
5. The three stages of positive trauma resolution and how to address them with survivors.
6. The five resiliency factors found in people who overcome and do not recreate their traumatic experiences.

# ITINERARY

## PART I

### HARDWIRED FOR CONNECTION

8:30-9:00 AM

REGISTRATION

CONTINENTAL BREAKFAST

9:00-10:30 AM

IMPACT OF RELATIONSHIPS AND TRAUMA ON BRAIN DEVELOPMENT

10:30-10:45 AM

BREAK

10:45 AM-12:15 PM

CREATING FELT SAFETY; TRAUMA-INDUCED, CO-OCCURRING DISORDERS

12:15-1:15 PM

LUNCH - ON YOUR OWN

## PART II

### THE HEALING POWER OF EMPATHY AND CONNECTION

1:15-3:00 PM

CREATING FELT SAFETY

3:00-3:15 PM

BREAK

3:15-4:30 PM

TOP 5 RESILIENCE FACTORS