

REGISTRATION FORM

Name _____

Profession/Degree _____

Address _____

City _____ State _____ Zip Code _____

Phone: () _____

Fax: () _____

E-mail: _____

Payment Method:

- \$125 Registration Fee
- \$75 SJRMC Employee/Student Fee
- \$100 EARLY BIRD SPECIAL!
- \$75 per person Group Rate: *submit 4 or more registrations together by September 9th.*

Check Money Order Credit Card

Credit Card Number:

Exp. Date:

Signature: _____

Date: _____

ADVANCE REGISTRATION RECOMMENDED

Program Description

Professionals who are trauma and resiliency informed can assist individuals alleviate suffering. Ms. Miller-Karas will discuss the cost of trauma on our psychological, physical, cognitive, behavioral, and spiritual lives. She will also review resiliency and introduce the Trauma Resiliency Model as one paradigm of intervention that can provide education and simple skills to restore the nervous system to equilibrium.

Who Should Attend?

This course is recommended for psychiatrists, physicians, nurse practitioners, psychologists, nurses, social workers, mental health professionals, chemical dependency counselors, long-term care personnel, emergency service providers, law enforcement, clergy, and for anyone who wants to better understand trauma and its effects and treatment.

Continuing Education Credit

Contact hours for this continuing nursing education activity have been submitted to WSNA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Please contact Melissa Hinkelman, SJRMC Mental Health Center at 208-799-5701 for more information about contact hours.

Special Presentation - Your Doctor Speaks

*Thursday, September 22nd: 7:00 p.m. - 9:00 p.m.
Medical Center - 2nd floor conference center*

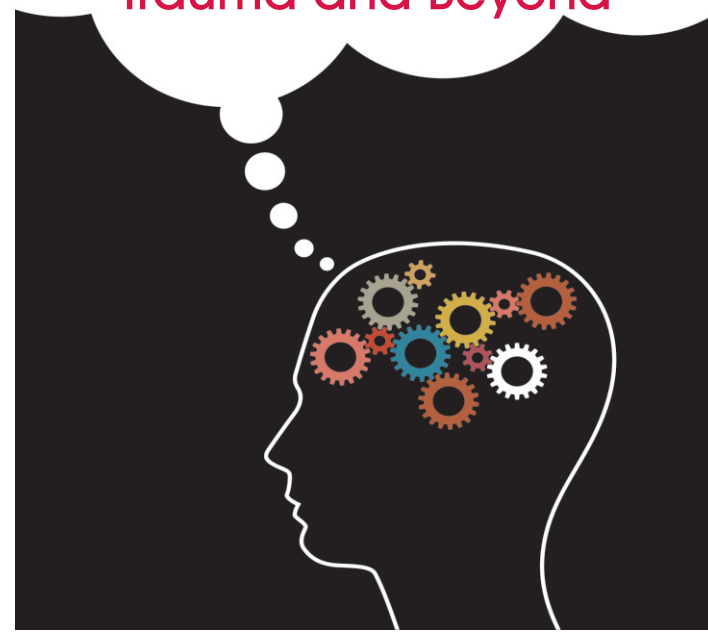
**“You Should be Over That by Now:
How to Restore Hope after Traumatic
Events through Creating Resiliency
Informed Communities”**

Presented by Elaine Miller-Karas, LCSW, MSW. This program will provide information on trauma and its effects on individuals and communities. She will introduce the Trauma Resiliency Model which helps develop skills to restore balance.

Your Doctor Speaks” is a free Community Education program sponsored by St. Joseph Regional Medical Center Foundation and the Mental Health Center.

16th Annual
RURAL MENTAL HEALTH
SYMPOSIUM 2011

**Trauma Informed Care:
Helping People through
Trauma and Beyond**



*Presented by
Elaine Miller-Karas, LCSW, MSW*

**Friday, September 23, 2011
8:00 a.m. - 4:00 p.m.**

Symposium Location:

**St. Joseph Regional Medical Center
Second Floor: Conference Center
415 6th Street
Lewiston, ID 83501**



People Committed to Life
St. Joseph Mental Health Center

Trauma Informed Care: Helping People through Trauma and Beyond



Elaine Miller-Karas, LCSW, MSW

St. Joseph Mental Health Center is proud to have Elaine Miller-Karas, LCSW, MSW, as our speaker for this year's symposium. Elaine Miller-Karas is the co-founder and co-director of the Trauma Resource Institute, which teaches integrative treatment models to heal traumatic stress reactions to professionals and community health workers around the globe. She has lectured nationally and internationally on a wide variety of topics including traumatic stress reactions, post-traumatic stress disorder and somatization, and mind-body therapies. She also is adjunct clinical faculty at Arrowhead Regional Medical Center's Family Practice Residency Program, a community based program affiliated with the University of California, Irvine.

Elaine co-created the Trauma Resiliency Model for civilians, veterans and warriors, and co-wrote two workbooks for these groups. She brings her clinical expertise, teaching background, and conceptualization of her short-term biologic based model to our program this year.

Elaine states: *'I believe that everyone has an inner capacity to heal. People who have had trauma haunt their present do not have to live in the fear and terror of their past. Therapy can be gently introduced without overwhelming the nervous system, so that the person healing from trauma can learn to live fully in the present.'*

PROGRAM AGENDA

Friday, September 23, 2011

7:15 a.m. - 8:00 a.m.

Symposium Registration & Continental Breakfast

8:00 a.m. - 8:15 a.m.

Welcome & Introduction of Elaine Miller-Karas, LCSW
by Anne Hauge, RN, BC, BSN

8:15 a.m. - 10:00 a.m.

The Cost of Trauma - Trauma Defined

- Cognitive, Behavioral, Physical, Psychological, Spiritual Reactions to Traumatic Experience
- Shock and Developmental Trauma
- Little t, Big T, and C Trauma Defined
- ACE Study and its Implications to Public Health

10:00 a.m. - 10:15 a.m. *Morning Break with Refreshments*

10:15 a.m. - 12:00 p.m.

The Trauma Resiliency Model and the Nervous System and Trauma

- Key Concepts of the Trauma Resiliency Model
- The Nervous System
- Defensive Response Cycle

12:00p.m. - 1:00 p.m. *Lunch (provided)*

1:00 p.m. - 2:30 p.m.

Trauma Resiliency Model Skills

- Grounding
- Resource Development
- Shifting Awareness - Shift and Stay

2:30 p.m. - 2:45 p.m. *Afternoon Break with Refreshments*

2:45 p.m. - 4:00 p.m.

Creating Resiliency

- Research - TRM
- Creating Resilient Communities
- Closure = Where to go from here?

Program Evaluation

REGISTRATION INFORMATION

FEES:

\$125 Registration Fee
\$75 SJRMC Employee/*Student Fee
\$100 Early Bird Registration Fee
\$75 per person Group Rate: *submit 4 or more registrations together by September 9th.*

- Registration must be postmarked or faxed by September 9, 2011 to receive Early Bird Rate.
- Prepayment is preferred.
- On-site registration will be accepted. *(Space permitting)*
- All fees include lunch.

**Student Registration: A copy of current student identification must accompany completed registration form.*

PAYMENT METHODS:

- Check or money order made payable to "SJRMC"
- Credit Cards: Visa, MasterCard, American Express or Discover card

• Registration will be processed only with payment.

PAYMENT & REGISTRATION:

• By Mail:

St. Joseph Regional Medical Center
P.O. Box 816
Attn: Mental Health Center
Lewiston, Idaho 83501

• By Fax: (208) 799-5758

Attention: Melissa Hinkelman

• By Phone: (208) 799-5701 (credit card)

'Sign-in will be in Conference Room A this year'

CANCELLATION POLICY:

Cancellations received prior to September 9, 2011 will be refunded the original fee less a \$10 administrative fee. No refunds will be issued after September 9, 2011.