2022 Utah Virtual Trauma Academy
May 9 – 13, 2022

Virtual Zoom Event

Presenter: Gabriella Grant, M.A.
Guest Presenter: Kim M. Palmer, CMHC, NCC
Guest Presenter: Gordon Bruin, M.A., L.C.M.H.C.

**Day 5: May 13, 2022**

9:00-3:30pm: Caring for Self, Feeding One’s Own Nervous System, Listening to Self

9:00-9:30   Group discussion: List universal human needs and place into the chat and the end.

9:30-10:45  Self-Care and the Inevitable Impact of Trauma on the Worker
            The WHO-5
            Job Descriptions, Interviewing, Hiring, Supervision and Promotion
            Creating a Program that Cares for Worker Wellbeing

10:45-11:00  BREAK

11:00-1:00  **Self Care**
            Guest Presenter: Kim M Palmer, CMHC, NCC

1:00-1:45   Lunch on your Own

1:45-2:45   **Mindfulness**
            Guest Presenter: Gordon Bruin, M.A., L.C.M.H.C.

2:45-3:15   Closing Smudging Ceremony
            Damon Polk, CADC II and Lane Shepard

3:15-3:30   Closing Ceremony and Farewells!