



2025 Utah Virtual Trauma Academy

July 28 – August 1, 2025

Virtual Zoom Event



Primary Presenter: Gabriella Grant, M.A.

Prayer and Smudging Ceremony: Damon Polk and Lane Shepherd

Guest Presenter: Laura Bradbury, MSW, LCSW, ABD

Day 1: July 28, 2025

8:45 a.m. – 4:00 p.m.: Introductions and Foundations

8:45 – 9:15 **Opening Smudging Ceremony - Damon Polk, CADC II and Lane Shepherd**

9:15 – 10:30 Welcome, Introductions, Ice Breakers, Survival Tips for the Trauma Academy
National and State of Utah Historical Timelines
The Public Health Approach: universal precautions around trauma exposure; screening for
trauma-related symptoms and exposure; diagnosing and treating trauma-related conditions

10:30 – 10:45 BREAK

10:45 – 12:00 Trauma Informed Practices: universal precautions around trauma
Defining and Differentiating: prevalence rates—trauma and adverse childhood experiences; grief
and trauma—a Venn diagram; PTSD, Complex Trauma, Developmental Trauma Disorder
Indicated: Dx, Tx and Rx: diagnosing and treating trauma-related conditions

12:00 – 1:00 Lunch Break on your Own

1:00 – 2:45 Post Traumatic Stress Disorder: one way to describe trauma
Complex Trauma: complex trauma diagnosis; developmental trauma disorder diagnosis
(van der Kolk)

2:45 – 3:00 BREAK

3:00 – 3:45 **Grief Literacy Through a Trauma Informed Lens**
**Guest Speaker: Laura Bradbury, MSW, LCSW, ABD, Grief Counselor, University of Utah
College of Nursing**

3:45 – 4:00 **End of Day Ritual – Facilitated by Jana Fulmer**

Homework: Draft a Trauma-Informed Statement of Commitment. *Read* “Envisioning a trauma-informed service system” book chapter from *Using Trauma Theory to Design Service Systems* by Harris and Fallot, 2001, Jossey-Bass/Wiley.



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Guest Presenter: Kara Patin, LCSW

Yoga / Breathing Exercise: Lindsey Terry

Day 2: July 29, 2025

9:00 a.m. – 4:00p.m.: The Neurobiology of Trauma: The Neurosequential Model of Therapeutics and the Polyvagal Theory

9:00 – 11:00 Developmental Traumatology: How do traumatic exposures interrupt the child's developmental process?

The Neurosequential Model of Therapeutics by Dr. Bruce Perry with art project—doodle along as we go through the brain!

11:00 – 11:15 BREAK

11:15 – 12:00 The Safety Drive: A biological imperative to be safe

The Polyvagal Theory by Porges—Provides a scientific basis for the mammalian social engagement system, reliant on the functioning of the parasympathetic nervous system

12:00 – 1:00 Lunch Break on your Own

1:00 – 1:50 Grounding—The ability to process environmental information in the moment to assess one's own safety

1:50 – 2:00 BREAK

2:00 – 2:45 **A Look through the Window: The Brain in Action**

Guest Speaker: Kara Patin, LCSW, [Trauma Informed Utah](#)

2:45 – 3:30 ***Chair Yoga and Mindfulness Breathing***

Guest Speaker: Lindsey Terry, [Infusion Yoga and Pilates](#)

3:30 – 3:45 Q&A

3:45 – 4:00 **End of Day Ritual – Do Something for Yourself. Facilitated by Debbie Comstock**

Homework: Listen to Stephen Porges interview by Neil Sattin on YouTube (approximately one hour): “The Science of Safety with Stephen Porges (<https://youtu.be/na2blnkRhAY?si=bSEtDIqe3tG5RtzP>).

Find a key phrase or concept that helps you understand trauma in the Porges presentation or elsewhere. Write it down! Cite the source!



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Guest Presenter: Cassidy DuHadway, LCSW

Guest Presenter: Laney Rosenzweig, MS, LMFT

Day 3: July 30, 2025

9:00 – 4:00pm: Measures, Evidence, Data, Objectives, Transparency and Consistency

9:00 – 10:30 Data as Treatment: The public health approach looks at data before, during and after treatment
Measures: Use objective measures to determine success (or not); select a specific measurement (e.g., unsafe behavior) to measure recovery in the present
Measure Unsafe Behaviors: Measuring trends up and down provides information about trauma recovery
Unsafe Behaviors Inventory: Aggregate data from a Utah-based pilot study

10:30 – 10:45 BREAK

10:45 – 12:00 Exploring EMDR: An Introduction to Its Use in Treating Trauma

Guest Speaker: Cassidy DuHadway, LCSW
Owner and CEO of Purple Sky Counseling

12:00 – 1:00 Lunch on your own

1:00 – 3:00 Accelerated Resolution Therapy (ART)

Guest Speaker: Laney Rosenzweig, MS LMFT, Founder/Developer of Accelerated Resolution Therapy (ART)
Rosenzweig Center for Rapid Recovery, LLC (RCRR)

3:00 – 3:15 BREAK

3:15 – 3:45 **Discussion Group Breakout: “My commitment to evidence is...”**

3:45 – 4:00 **End of Day Ritual – Points on EMDR and ART – Similarities, Differences**
Facilitated by Jana Fulmer

Homework: Write a training plan to start one EBP. Describe it, develop a personal plan to be trained, develop skills and increase quality of treatment. (Imagine you have the time, money and ability to do so). What data is collected? How will you organize the data? *Read* Judith Herman book chapter on Safety.



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Utah Department of
Health & Human
Services

Primary Presenter: Gabriella Grant, M.A.
Guest Presenter: Laura Thompson, Attorney

Day 4: July 31, 2025

9:00 – 4:00pm: Consent

Bring a current informed consent form from your agency to the training.

9:00 – 10:30 Consent: Key to Trauma Recovery

Radical Informed Consent: The basis for engagement into treatment

10:30 – 10:45 BREAK

10:45 – 12:00 Making Effective Rules

12:00 – 1:00 Lunch on your Own

1:00 – 2:45 **Informed Consent for Trauma Care**

Speaker – Laura Thompson, Attorney

2:45 – 3:00 BREAK

3:00 – 3:45 Dissent: Key to Trauma Recovery

3:45 – 4:00 **End of day ritual: Dissent/Consent: Essential for treatment for trauma: Discuss why.**
Facilitated by Martha Burket-Fallis

5:00 – 6:00 Optional Evening Activity: Trauma and Spirituality: A discussion of evidence and experience

Homework: Rework your agency's informed consent. Complete today's rule activity. Organize and prepare for the last Day! Read "Can Spirituality Help People Recover After Trauma?"



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Primary Presenter: Gabriella Grant, M.A.

Guest Presenter: Mary Beth Vogel-Ferguson, Ph.D, CSW

Guest Presenter: Rachel Reist, LCSW

Day 5: August 1, 2025

9:00 – 3:30pm: Self Care

9:00 – 10:45 Public Health Approach to Health Care
Self Care and Child Development
Self Care: Personal Responsibility
The Ethics of Self Care
Self Care and the Inevitable Impact of Trauma Work
Self Care and Workplace Responsibility
Try out a variety of things and see what works!

10:45 – 11:00 BREAK

11:00 – 12:30 Personal Well-Being: Making the Workplace Work

Guest Presenter: Mary Beth Vogel-Ferguson, Ph.D, CSW, Executive Director, [Trauma Informed Utah](#)

12:30 – 1:45 Lunch on your Own

1:45 – 2:45 **Caring for the Carer: Mindfulness & Self Compassion Practices for the Helping Professional**

Guest Speaker: Rachel Reist, LCSW, Qualified Mindfulness-Based Stress Reduction instructor

2:45 – 3:15 Closing Smudging Ceremony
Damon Polk, CADC II and Lane Shepherd

3:15 – 3:30 **Closing Ceremony and Farewells!**

Final Evaluation





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2025 Utah Virtual Trauma Academy Learning Objectives

Day One – July 28, 2025

- To train staff on specific, trauma-informed standards, according to SAMHSA TIP 57
- To train attendees on specific practices that are trauma-informed
- To learn how to distinguish between physical and emotional safety in interactions with clients
- To allow staff to address safety issues in a way that will engage clients
- To assess programming as adhering to the trauma-informed, neurosequential framework and SAMHSA principles.
- To practice specific skills related to the trauma-informed model
- Additional objectives from guest presenters

Day Two – July 29, 2025

- To learn how trauma affects the brain, decision-making and coping
- To identify three parts of the neurosequential model
- To identify the cranial nerves involved in social engagement
- To apply the science of the nervous system to program design
- To understand the lasting effect of trauma on health and services
- To give staff a deeper understanding of why clients behave in ways that may appear illogical or self-destructive
- Additional objectives from guest presenters.

Day Three – July 30, 2025

- To understand the need for objective measures as a key trauma treatment
- To review the evidence for trauma-informed practices
- To be able to use the EBP databases available and look up to see if a specific practice is considered evidenced-based
- To review the findings of the UBI-Y
- Additional objectives from guest presenters

Day Four – July 31, 2025

- To be able to build the skill of dissent and consent
- To identify elimination of seclusion and restraint as a core commitment to being trauma-informed
- To better understand the element of the informed consent law of Utah or own state
- To be able to define one aspect of radical informed consent
- To be able to identify physically and emotionally coercive practices
- To assess rules from a trauma-informed framework
- Additional objective from guest presenter

Day Five – August 1, 2025

- To allow staff to care for themselves safely
- To develop an understanding of the impact of trauma on worker health, world-view and job performance
- To be able to list at least 3 examples of self care in the moment on the job and for free
- Additional objectives from guest presenters



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Gabriella Grant, M.A. **Founder and Primary Presenter for the** **2025 Utah Virtual Trauma Academy**



Gabriella Grant is the director of *Trauma Informed California*. Her background includes heading the nation's first community corrections-based victim advocacy program and running a three-year project funded by the California Department of Public Health to increase access to domestic violence shelters by women with mental health and/or substance abuse issues.

The domestic violence shelter project showed that it is possible to increase capacity to serve women with co-occurring disorders by understanding trauma and developing programs that respond to people's need for safety.

Gabriella brings to Trauma-Informed California a long history of professional experience developing innovative programs for female offenders, crime victims, and domestic violence survivors. Through this work she has also gained an understanding of how program design, policies and procedures can positively affect the people being served.

Gabriella earned her undergraduate degree from Amherst College, a Latin teaching certificate from the Pontifical Gregorian University in Rome, Italy and a master's in public policy from Johns Hopkins University.

Gabriella has taught at the primary, secondary and university levels and has trained professionals, advocates and consumers in a wide variety of settings.



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Day 1 and 5: July 28 and August 1, 2025

Guest Presentation

July 28th – 8:45 –9:15
August 1st – 2:45-3:15

Opening and Closing Smudging Ceremony
Damon Polk, CADC II and Lane Shepherd



Damon Polk CADC II is an enrolled member of the San Carlos Apache Tribe and born to the Quechan (Kwatsan) Indian Tribe of Southern California. He is a Co-founder, and the Cultural Director at the Red Circle Lodge located in Southern Utah. Damon incorporates the beautiful strength of Native American culture and traditions, with proven treatment modalities to create opportunities for individual healing and success. Damon presents from vast experience in the areas of Substance Abuse Prevention Education and Recovery, Early Childhood Development, Wellness and Spirituality, Community Health, and has served as a Traditional Mentor and Consultant to many Native Nations throughout Indian Country.



Lane Shepherd is the Clinical Director the [Red Circle Lodge](#) a residential youth treatment program in Hildale, Utah. The lodge focuses on healing through therapeutic practices and Native American philosophies, offering support to adolescents in need.

Lane works alongside a multidisciplinary team, including cultural advisors, residential directors, and academic specialists, to create a structured environment for youth struggling with mental health challenges, substance use, and behavioral concerns

Damon Polk and Lane Shepherd will be providing a smudging ceremony to open the Utah Trauma Academy. A smudging ceremony is a [ritual](#) of burning plant resins and herbs in a shell or a clay bowl while intentions and prayers are called forth. For centuries, [Native American](#) and Indigenous cultures have practiced smudging rituals to clear away negative energy, to invite in peace and harmony for individuals or environments. The smoke from the herbs and the plant resins are fanned using a feather or a hand and directed like a [spiritual cleansing bath](#) surrounding the person or the space. [*Smudging Ceremony: An Invitation by Gaia Staff*](#)



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Day 1: July 28, 2025

Guest Presentation

3:00 – 3:45 Grief Literacy Through a Trauma Informed Lens
Guest Speaker: Laura Bradbury, MSW, LCSW, ABD, Grief Counselor
University of Utah College of Nursing



Laura Bradbury, MSW, LCSW, is a grief counselor and researcher for the College of Nursing at the University of Utah. She is a doctoral candidate and research issues related to end-of-life care and grief and loss. Laura is passionate about improving outcomes for bereaved people and increasing grief literacy among helping professionals.

Presentation Overview

This presentation will offer instruction and education on Grief Literacy, which is a part of the larger Compassionate Communities movement. Grief Literacy is the idea that all people regardless of education or professional background—can be equipped to offer compassion and care to those who are grieving. Recognizing that traumatic grief can have lasting impact on all people, this presentation will focus on developing grief literacy skills while also maintaining a trauma informed professional approach.

Objectives

Participants will deepen their understanding of grief literacy, feel more equipped to extend compassion and support in the wake of a death, and will understand the effect that trauma can have on the grief experience.



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Day 2: July 29, 2025

Guest Presentation

2:00 – 2:45 A Look Through the Window: The Brain in Action

Guest Speaker: Kara Patin, LCSW, Program Director: [Trauma Informed Utah](#)



Kara Patin is a Licensed Clinical Social Worker and PhD Candidate in Social Work, specializing in trauma recovery. As the founder of *Noble Soul Therapy*, she provides trauma-informed mental health services and consultation. Kara also serves as the Program Director at *Trauma-Informed Utah*, where she leads statewide training and strategic program development initiatives. With extensive experience in applied research and curriculum development, Kara partners with organizations to further their systems-level trauma-informed approaches. She is a recipient of the APA's Interdisciplinary Minority Fellowship and has presented her work at national and international conferences.

Presentation Overview

This experiential workshop will provide participants with an in-depth understanding of the **Window of Tolerance**, a key concept in trauma-informed approach. Through engaging activities and practical exercises, participants will explore the ways in which stress, trauma, and overwhelming emotions can shrink this window, leading to either hyperarousal (fight-or-flight responses) or hyperarousal (shutdown and disconnection).

Goals

Attendees learn a practical tool for application in their own lives and with those they serve.

Objectives

Interactive discussions to introduce the concept of the Window of Tolerance, its significance in emotional regulation, and how it applies to daily life and work settings.

Experiential exercises are designed to help participants recognize their own signs of hyperarousal and hyperarousal and explore techniques for widening their window of tolerance through grounding, mindfulness, and self-regulation strategies.

Reflection and group sharing to foster insights about personal triggers and strategies for maintaining emotional balance.



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Day 2: July 29, 2025

Guest Activity

2:45 – 3:30 Yoga and Breathing Exercise
Guest Speaker: Lindsey Terry



Lindsey embarked on her yoga teacher training journey in 2014, specializing in Hatha and Ashtanga practices, and earning YACEP, ERYT-500, and multiple Trauma Yoga certifications. She recently launched her own business, guiding individuals of all ages through personalized modalities to nurture their growth and success to find their authentic self and purpose. Lindsey's practice is a moving meditation, filled with intention and love. Witnessing the personal growth of her students throughout their yoga journey fills her with profound fulfillment, for she finds true beauty in their growth.

Yoga Session Overview

Lindsey Terry is the Owner of [Infusion Yoga and Pilates](#). She has several years' experience in transforming lives through holistic healing and will be proving a yoga and breathing session at the Utah Trauma Academy.



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Day 3: July 30, 2025

Guest Presentation

10:45 – 12:00

Exploring EMDR: An Introduction to Its Use in Treating Trauma

Guest Speaker: Cassidy DuHadway, LCSW



Cassidy DuHadway is the owner and CEO of Purple Sky Counseling. Cassidy is highly skilled in helping humans work through their underlying trauma beliefs, and become their true, authentic self. Trauma and Attachment Specialist and Certified EMDR Trainer, Cassidy is highly sought after for her insight, mastery, and ability to help others heal.

Cassidy is passionate about helping therapists specialize in trauma focused therapy. She has specialized in Trauma since 2015 and has been trained in EMDR, IFS, Ego State, Somatic Experiencing and is a Trauma Informed Yoga Teacher. She has been in the field of mental health since 2005 and has worked within community mental health agencies, residential treatment centers and private practice.

Presentation Overview

This is an introduction to Eye Movement Desensitization and Reprocessing (EMDR) therapy, focusing on its fundamental concepts and theoretical foundations. Participants will gain a basic understanding of EMDR, including its purpose, key components, and how it is used in trauma treatment. This session will provide a foundational overview, preparing participants to explore EMDR further in their professional development.

Goals

1. **Understand EMDR Basics:** Present a clear overview of EMDR therapy and its theoretical background.
2. **Identify Core Components:** Introduce the main elements of the EMDR protocol and their significance.
3. **Appreciate Practical Applications:** Highlight how EMDR is used in trauma therapy without requiring hands-on application or integration skills.

Objectives

1. **Describe the theoretical basis of EMDR therapy** and its application in treating trauma.
2. **Identify the eight phases of the EMDR protocol**, including an overview of their purpose and sequence.
3. **Recognize how EMDR is utilized** in clinical settings to facilitate trauma recovery.
4. **Develop an understanding of EMDR's role** within the broader context of trauma therapy.



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Day 3: July 30, 2025

Guest Presentation

1:00 –3:00 Introduction to Accelerated Resolution Therapy (ART)
Guest Speaker: Laney Rosenzweig, MS, LMFT, Founder/Developer of Accelerated Resolution Therapy (ART)
Rosenzweig Center for Rapid Recovery, LLC (RCRR)



Laney Rosenzweig is a Licensed Marriage and Family Therapist who has been in the mental health field since 1989. Laney is the Founder/Developer of Accelerated Resolution Therapy (ART) developed in 2008. She is the CEO of Rosenzweig Center for Rapid Recovery, which trains clinicians in ART. ART has a treatment protocol that is directive, standardized and easy to apply using. It is an eye movement therapy. Her introduction of the *Voluntary Image Replacement (VIR)*, which guides clients to erase negative images from view in their mind, is a unique and powerful way to quickly eliminate triggers and eradicate symptoms. Laney has traveled the globe training licensed mental health professionals in ART and has over 45 ART trainers. She is available for presentations to civilian and military groups who are seeking an alternative to longer, less effective treatments for trauma and other mental health problems.

Brief Bio History

- Resident of West Hartford, CT with a private practice.
- Licensed Marriage and Family Therapist in CT and FL.
- Former Associate of Bristol Psychiatric Associates and Wheeler Clinic.
- Former Visiting Faculty Member at University of South Florida.
- Lecturer —Has a Ted-X talk on her website and has facilitated PESI Continuing Education Seminars as well as other presentations.
- Specialties: PTS and other trauma, Substance Abuse/Dependence, OCD, Depression, Dyslexia associated Trauma, Anxiety. Most problems can utilize ART.

Presentation Overview

This PowerPoint introduces attendees to Accelerated Resolution Therapy. It contains video clips of ART clients after a session, has slides that discuss how trauma works in the brain and there is time for questions and answers.



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Day 3: July 30, 2025

Laney Rosenzweig Presentation (*Continued*)

1:00-3:00 Introduction to Accelerated Resolution Therapy (ART) (Continued)
Guest Speaker: Laney Rosenzweig, MS LMFT, Founder/Developer of Accelerated Resolution Therapy (ART)
Rosenzweig Center for Rapid Recovery, LLC (RCRR)

Goals

The goal of the presentation is to introduce attendees to the concepts involved in Accelerated Resolution Therapy and how it can quickly eliminate triggers from trauma.

Objectives

Attendees will understand the framework of ART and what makes it such a fast and effective treatment.

Attendees will understand what the eye movement component of the therapy does to enhance treatment and eliminate triggers.

Attendees will be able to know what types of problems ART can deal with.

Attendees will learn what's involved with learning the modality.

Rosenzweig Center for Rapid Recovery, LLC (RCRR)

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Web Addresses (RCRR): www.ARTworksNOW.com, www.AcceleratedResolutionTherapy.com

Private Practice Web: www.EraseTraumaNow.com

Publications

To Good To Be True, Accelerated Resolution Therapy, A Systematic Therapy That Changes Lives, Rosenzweig, Laney (2022)

<https://www.archwaypublishing.com/en/bookstore/bookdetails/812582-too-good-to-be-true>

<https://www.barnesandnoble.com/w/too-good-to-be-true-laney-rosenzweig-ms-lmft/1141927481?ean=9781665707541>

https://www.amazon.com/Too-Good-True-Accelerated-Resolution/dp/1665707542/ref=sr_1_1?crid=3NJCFYE1LKQMJ&keywords=laney+rosenzweig&qid=1673390779&s=books&srefix=laney+rosenzweig%2Cstripbooks%2C85&sr=1-1



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Day 4: July 31, 2025

Guest Presentation

1:00 – 2:00 **Informed Consent for Trauma Care**
Guest Speaker: Laura Thompson, Attorney



Laura Thompson is an attorney with 33 years of practice in the public and private sectors. Her professional experience includes serving in the Office of General Counsel and as the Privacy Officer for the Department of Workforce Services.

She has also served as the Executive Director of the Equal Opportunity Office at Weber State University, where she also served as the university's ADA/504 Disability Coordinator. As the Title IX Coordinator at Weber State, Laura investigated discrimination, harassment and sexual misconduct complaints and assisted parties in the hearing process or informal processes such as mediation or restorative dialogue. She also facilitated civil rights training for departments and colleges on campus and in the community.

Prior to Weber State, Laura practiced law with the Office of the Utah Attorney General for 17 years, representing the Department of Health & Human Services, working specifically with the Division of Substance Abuse & Mental Health, Juvenile Justice Services, Child & Family Services, the Utah State Hospital and the Division of Services for People with Disabilities.

Laura has trained judges and attorneys at a number of state, regional and local conferences, as well as law enforcement and mental health professionals.

To balance her professional life, Laura has practiced and taught yoga for over 20 years. She has helped bring yoga programs to Ogden area schools, businesses and non-profits, including free classes to a local substance use in-patient program and a domestic violence shelter.



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Day 4: July 31, 2025

Laura Thompson Presentation (*Continued*)

1:00 – 2:00 Informed Consent for Trauma Care
Guest Speaker: Laura Thompson, Attorney

Presentation Overview

This presentation will provide participants with information about key components of proper and effective informed consent, focusing on trauma-related care and services.

Goals and Objectives

After participating in this presentation, participants will be able to

- Identify the core components of informed consent
- Understand “privilege” as it applies to informed consent
- Identify state law that impacts informed consent
- Understand the concept of capacity to give consent
- Engage with trauma patients/clients with awareness of special considerations in obtaining informed consent
- Deploy strategies to best inform trauma patients/clients



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Day 5: August 1, 2025

Guest Presentation

11:00-12:30 Personal Well-Being: Making the Workplace Work

Guest Presenter: Mary Beth Vogel-Ferguson, Ph.D, CSW, Executive Director: [Trauma Informed Utah](#)



For the past 25 years, Mary Beth Vogel-Ferguson, PhD, CSW has directed research studies and program evaluations with state and regional level government agencies. She has assisted all levels of agency management, from senior leadership to front line workers, in using data for program and policy development. As the Executive Director of a new non-profit, Trauma-Informed Utah, she continues providing workshops related to trauma-informed approaches both at the front line and organizational and systems level.

Overview

There is a saying, *employees don't leave jobs, they leave toxic workplaces*. A toxic culture creates excessive workplace stress and can lead to poor job performance, reduced productivity and eventually employee turnover. How can a workplace be not only “non-toxic” but actually trauma-informed? In this workshop participants will explore the multiple ways our workplaces can incorporate the principles of a trauma-informed approach into ALL parts of an organization. Personal experiences will fuel conversation for change!

Goals

Attendees will explore practice ways organizations can create more trauma-informed workplaces that support personal well-being and the overall culture within their workplace.

Objectives

Gain better understanding of how the principles of a trauma-informed approach can be experienced in all domains of an organization.

Explore personal experiences of what works (and what does not) in creating trauma-informed workplaces that support personal wellbeing.

Reflect on and discuss ways we can each participate in evaluating and improving our own workplace cultures that will support personal wellbeing and thus the overall strength of our workplaces.



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Day 5: August 1, 2025

Guest Presentation

1:45 – 2:45 Caring for the Carer: Mindfulness & Self Compassion Practices for the Helping Professional

Guest Speaker: Rachel Reist, LCSW



Rachel Reist, LCSW is a Qualified Mindfulness-Based Stress Reduction instructor, trained through the Center for Mindfulness in Medicine, Health Care, & Society at the University of Massachusetts Medical School, and is a Certified Learning to Breathe Trainer. Her career has been devoted to working with children, adolescents, and families. She loves sharing mindfulness with schools and the community as part of the Prevention services available through Davis Behavioral Health at the Davis Mindfulness Center, where she serves as the Learning to Breathe Program Coordinator. She has a passion for supporting those in the helping professions and treasures her role as trainer for the team of mindfulness instructors teaching in the schools.

Presentation Overview

In this highly experiential session, you will be guided in mindfulness and self-compassion practices to support your well-being. Through a series of guided practices, group discussions, and group experiential learning activities, we will explore ways of relating to ourselves and our experience that foster wellness and greater peace, enabling us to continue caring for others from a place of compassion, presence, and clarity.

Goal

Participants will learn and practice mindfulness and self-compassion skills for navigating the stress response primarily in themselves, as well as translating these skills to work with clients effectively.

Objectives

Participants will practice noticing various anchors of attention to guide the wandering mind back to the present through the guided STOP practice.

Participants will practice the self-compassion break practice and reflect on the elements of mindful awareness, common humanity, and self-kindness to counteract the tendency toward the internalized fight/flight/freeze response.