Each year thousands of Pennsylvania children are victims of abuse, neglect, violence and other adverse events. These experiences can create emotional and behavioral problems that disrupt the children’s lives and bring them in contact with child-serving systems. For helping professionals involved with traumatized children and their families, even listening to trauma stories may take an emotional toll that compromises professional functioning. Awareness of the impact of this indirect trauma exposure—referred to as secondary traumatic stress (STS)—is a basic part of protecting the health of the worker and ensuring that children and families consistently receive the best possible care from those who are committed to helping them.

This training day will provide you with information on STS, and give you tools that you can use in your daily work. Knowledgeable, inspiring speakers will share practical tips for caring for yourself as you face the challenges of working with families with complex needs. Interactive workshops, experiential learning and plenty of opportunities to network with your colleagues make this an enjoyable day to increase knowledge, practice new skills and recharge.

**Intended audience:** Family support program staff, parent educators, in-home service providers, and early childhood/elementary school educators will benefit from this training.

**Training location:** Historic Acres of Hershey is a seven-acre restored farm with a pond, beautiful outdoor activity space and multi-use meeting areas, located minutes from the town of Hershey. Some of our activities will be held outdoors, seated on the lawn; participants should dress comfortably for the weather.

**Registration:** Cost of training is $70.00 per person ($60.00, PFSA affiliates), which includes training and materials, lunch, and continuing education credits (pending approval-please see page 3). Register online (credit card payment) at www.pa-fsa.org; see registration form for details. Space is limited and registration will be on a first-come, first served basis.

**For information:** Contact PA Family Support Alliance at (717) 238-0937; email bbitler@pa-fsa.org
Mailing address: 2000 Linglestown Rd., Suite 301, Harrisburg PA 17110
Preventing Secondary Traumatic Stress:
How to Care for Yourself so You Can Care for Families

Thursday, June 18, 2015 -- 9:00 AM – 4:00 PM
Historic Acres of Hershey - 2975 Elizabethtown Road – Hershey, PA  17033

8:30 – 9:00 AM – Registration -- Refreshments --Book Sale and Resource Table

9:00 – 9:15 AM - Welcome and introductions

9:15- 10:45 AM - Preventing Secondary Traumatic Stress (STS) --Lori Amey
Secondary Traumatic Stress refers to the presence of PTSD symptoms caused by at least one indirect exposure to traumatic events. Also referred to as compassion fatigue, burnout and vicarious trauma, STS can be a significant problem for family support workers. Our opening session will examine the signs and symptoms of STS and its risk factors, as well as offer strategies for prevention and intervention.

10:45 – 11:00 AM– Break – Book Sale - Resource Sharing

11:00 - 12:00 PM – Concurrent Workshops*

A: Building Your Own House --Natrina Cox
Each of us has a “house” with rooms devoted to our physical, spiritual, emotional and mental health. This workshop will examine the five basic needs that all humans have, and how we can attend to our needs while we offer support and help to families. The workshop includes a self-assessment of how we can take care of ourselves in difficult situations.

B: Practicing Tai Chi for Balance and Stress Reduction -- Master Jose Johnson
Tai chi is the most practiced form of martial arts, a way to attain balance in all things through the understanding of the extremes that are the foundation of the universe. It is a proven method of healing and stress reduction that strengthens the mind and calms the spirit. This workshop will give you some basic information on tai chi and a sample of tai chi practice.

12:00 – 12:45 PM – Buffet Lunch

12:45 – 1:30 PM –
“Now I’m Doing What I Used to Dream of Doing” -- Marshall Harrison
After spending many years of his adult life in addiction and incarceration, Marshall Harrison came to realize the impact his absence was having on his family, and made a decision to change his life. He credits his relationship with God, his network of supportive people and the willingness of his family to forgive as the factors that have completely changed his life. Marshall will share his story of hope and talk about the importance of caring professionals in his recovery.

1:30 – 2:30 PM – Concurrent Workshops*

C: Using the Twelve Steps for Growth and Self-Care--Beth Bitler
For those in recovery from addiction, and their family members, the twelve steps of Alcoholics Anonymous can be a key to healing and growth. But the twelve steps are also a helpful tool for those who are not recovering addicts, especially those who experience stressful situations. We will discuss the twelve steps and how to adapt them for use as a self-care tool.

D: Finding Sanctuary in our Work -- Bob Brinker
The Sanctuary model is an organizational and treatment intervention approach based on trauma-informed care that recognizes the impact ongoing work with consumers who have
experienced trauma has on professional caregivers causing them to experience high levels of stress, possible burnout and vicarious trauma. This workshop examines the basic tenants of SANCTUARY and provides participants the opportunity to participate in activities incorporated in the training.

2:30 – 2:45 PM – Break – Book Sale – Resource Sharing

2:45 – 3:45 PM – Concurrent Workshops*

E: When the Helper Needs Help -- Dorothy Thomas
What happens when a helping professional, dedicated to working with families impacted by the trauma of homelessness, addiction and poverty, faces her own need for help? This workshop will discuss the importance of asking for and accepting help, as well as some skills that have helped Dorothy cope with her battle against cancer.

F: Meditative Practices for Relaxation, Stress Reduction & Self-Care -- Holly Hartman
Those of us who work in today's fast-paced and stress-filled work environments often find ourselves in need of effective ways to relax our minds and bodies, to reduce our stress levels, and sometimes to clear the vicarious trauma we experience in the course of our work. This workshop will introduce participants to a variety of self-care activities and techniques that can be used to increase self-compassion, provide relaxation, reduce stress and enhance one’s sense of well-being. During this workshop, participants will have the opportunity to briefly sample and experience using several different meditative techniques that provide these benefits.

3:45 – 4:00 PM – Evaluation and Certificates

Information on Social Work Continuing Education credits:

We have applied for 5.5 credit hours of continuing education, provided through co-sponsorship of the University of Pittsburgh, School of Social Work, Pennsylvania Child Welfare Training Program, a pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW, LCSW, LPC, LMFT renewal. If your attendance is dependent on approval of these credits, please contact PFSA to verify the status of credit approval when you register. However, spaces will be filled on a first-come, first-served basis and will not be held pending credit approval.

*Concurrent workshop sessions: You will choose your workshop on the day of the training. We will try to honor your choice, but due to space limitations, we may ask you to join the alternate workshop. Topics and speaker times may change.
Program Notes
About our Speakers

Lori Amey
Lori has more than 30 years of direct service and administrative experience in Pennsylvania’s public child welfare system and recently retired from her role as Administrator for Perry County Children and Youth Services. In addition to her Bachelor of Social Science and Public Policy degrees from Penn State University, Lori holds a Master of Social Work Degree from Widener University. Lori has provided training on child welfare issues to both professionals and the community since 1999, as an expert trainer in PFSA’s Mandated Reporter Training and Front Porch Project programs. She currently works as a licensed social worker in an outpatient counseling center, where she focuses on trauma treatment.

Beth Bitler
Beth Bitler has been the Program Director at the Pennsylvania Family Support Alliance since 1999. Beth has worked with parents for more than 20 years, as a parent educator and administrator of a family support agency. At PFSA, she is responsible for providing training and technical assistance to a statewide network of child abuse prevention programs. She’s the author of several educational materials for parents, as well as PFSA’s “Building Your Family” and “Recovering Families” parenting curricula. She has also worked in the field of domestic violence. She currently facilitates a family support group for incarcerated fathers, and teaches a Family Program at White Deer Run’s Allenwood treatment facility. Beth received her Master of Science in Administration from West Chester University and her Bachelor of Science in Communications from Kutztown University.

Robert Brinker
Bob Brinker has a master's degree in counseling from Indiana University of Pennsylvania. He is a Parenting Educator for the ParentWISE program of Family Services of Western PA. He was a trainer for the Pennsylvania Child Welfare Training Program for several years, where he conducted trainings for Children and Youth Services staff and foster parents on Engaging Absent Fathers and Engaging Incarcerated Parents both of which he developed, and many other topics. Through the ParentWISE Program of Family Services of Western Pennsylvania, he provides parent education and support programs on Parental Stress and Anger, Cooperative Parenting after Separation and Divorce, Fatherhood, Dr. Dad, 24/7 Dad, Parents of Adolescents, Pregnant and Parenting Teens, Foster Parenting, Grandparenting, and Stepfamilies. Mr. Brinker has facilitated anger management groups for clients in recovery for Southwestern Pennsylvania Behavioral Health, and currently conducts anger management sessions for both incarcerated males and females at the Westmoreland County Prison. Bob is a member of FSWP's Sanctuary steering committee, and serves as a facilitator and core team member in the organization's Sanctuary program.

Natrina Cox, BA
Natrina has over 25 years of experience leading groups and interactive workshops. A graduate of Shippensburg University with a BA in Social Work and minors in Psychology and Criminal Justice, Natrina is a Family Educator with Tri-County Community Action in Harrisburg. She is a certified trainer in Reality Therapy, Parents as Teachers, Celebrating Families and teaches PFSA’s “Building Your Family” classes locally. A dynamic presenter, Natrina provides strategies for personal growth to individuals and families in central Pennsylvania.

Marshall Harrison
Born in New York City, Marshall has lived in central Pennsylvania for the past 20 years. He is a full-time Resident Manager at the Salvation Army’s Adult Rehabilitation Center in Harrisburg, having graduated from their program in 2012. He completed his basic education while he was incarcerated and now focuses on helping others find a path through addiction and incarceration, as a volunteer
in several recovery programs, as well as with PFSA. In his free time, Marshall enjoys spending time with his girlfriend, Sarah, and children Clarissa, age 26, Mikayla, 10 and Carter, 3.

**Holly Hartman, MSW, LSW**
Holly Hartman is a Licensed Social Worker who holds a Master of Social Work degree from Temple University. She currently works as a mobile therapist providing multi-systemic therapy (MST) services to families with an adolescent child at risk for out-of-home placement through Adelphoi Village. Holly has also had a long-standing interest in the use meditative practices for promoting well-being. She is a long-time practitioner of mindfulness meditation, yoga and other meditative techniques, and welcomes opportunities to share about the benefits she has experienced from these practices with others.

**Master José Johnson**
As a child, José began his training in karate and judo. In 1992, he began studying with his mentor Master Nick Gracenin. José began teaching tai chi (taiji) in the Harrisburg area in 1995. Since then, he has taught kung fu, wushu, tai chi, qigong, and various other martial arts classes in various locations in Harrisburg, Hershey, Carlisle, and various West Shore locations. He opened his Chinese Martial Arts and Wellness Center in Susquehanna Township in 2004; it was voted “best martial arts school” in 2014 by readers of Harrisburg Magazine. José is a fifth generation disciple of Fu style wudang boxing. He has trained with many of the world's top masters in numerous styles and currently holds the rank of 8th Degree black belt through the International Wushu Sanshou Dao Association. José is also a certified qigong (energy work) instructor through the Qigong Empowerment Association. José is also the Pennsylvania coordinator for the International Wushu Sanshou Dao Association. In 2008 José was included in the book "Top 100 Extraordinary Martial Artists of the World" and has been called "one of the best of the new generation of masters."

**Dorothy Thomas, MS, LMFT**
Dorothy Thomas is the Senior Staff Therapist and Community Partnerships Coordinator for the Council for Relationships in Philadelphia. A seasoned therapist working with individuals, couples, families and groups for more than 30 years, she received her MS in Christian Counseling from Cairn University and her AAMFT Post-Graduate Certification from PENN Council for Relationships, Division of Couple and Family Studies, Department of Psychiatry/ Human Behavior Jefferson Medical College, Philadelphia. Her areas of expertise include: conflicted couples, depression, caring for caregivers, living and healing with cancer, women in transition, grief and loss, parenting issues, and healing from abuse. Trained in secular as well as Christian models, she works with personal spiritual healing. Using evidence-based family therapy models for families with troubled teens, Dorothy works with the adolescents as well as the whole family system to effect small healthy changes. Integrating theories to best fit her clients' needs, her humor, down-to-earth style and effectiveness in problem-solving give support and reassurance as well as creatively challenging her clients.
Preventing Secondary Traumatic Stress:  
How to Care for Yourself so You Can Care for Families

**Deadline: June 10, 2015**
(Space is limited – register early)

Please complete a separate registration form for each person registered.

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**Method of Payment ($70.00 per person; PFSA affiliates $60.00 per person)**

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<td>Register and pay with a credit card online at <a href="http://www.pa-fsa.org">www.pa-fsa.org</a></td>
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<td><strong>Easiest and fastest way to guarantee your space!</strong></td>
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**Return to:**

Pennsylvania Family Support Alliance  
2000 Linglestown Rd., Suite 301  
Harrisburg, PA 17110  
Fax: (717) 238-4315 Email: [info@pa-fsa.org](mailto:info@pa-fsa.org)

Registration is not confirmed until both payment and registration information are received.
No refunds; substitution of participants is allowed.