

Three Stages of Healing: Recovery for the Survivors of Domestic Violence

**June 24, 2004, Tulsa; July 21, 2004, Oklahoma City;
August 25, 2004, Idabel; and September 16, 2004, Woodward**

Purpose

This workshop will prepare counseling staff to approach survivors of domestic abuse from a strength perspective. Counselors and assisting professionals will learn how to promote an identity of strength while helping clients deal with their traumatic abuse experiences. In addition, participants will learn more about the results of trauma from a psychological and physiological perspective and how to employ their knowledge in active work with their clients.

Dr. Judith Hermann's three stages of recovery will be used as a framework to view and treat survivors of domestic violence. Issues pertaining to safety and planning will be discussed as well as how to manage contextual variables such as court appearances. Processes and techniques to deal with remembering traumatic events and grieving the many losses associated with trauma will be shared. A model for a mentoring program will be presented to assist with this process. The role of the counselor will be discussed as well.

Objectives

Upon completion of the program, the participant shall be able to:

1. Describe how to approach survivors from a strength perspective;
2. Identify psychological and physiological effects of trauma;
3. Develop ways to enhance a sense of safety;
4. List the three stages of healing and suggest treatment intervention at each stage; and
5. Explain how to enhance survivor's recovery by utilizing a variety of trauma techniques, including CBT, EMDR, CISM, relaxation, and other interventions.

Dates and Locations

Tulsa: June 24, 2004

Brooks Harvard Conference Center, 2323 S. Harvard, Tulsa, OK 74114

From I-44 take the Harvard Avenue exit and travel north to 25th and Harvard. Turn right on 25th, then left on Knoxville to the conference parking area. Please park at the back of the lot in or above the covered area. Closest parking to the inpatient center is restricted for patient use only.

Oklahoma City: July 21, 2004

Shepherd Mall, 2401 N.W. 23rd St., Suite 40B, Entrance B or C, Oklahoma City, OK 73107

Take the N.W. 23rd Street Exit from I-44 or the Agnew Street Exit from I-40 (which turns into Villa Street).

Shepherd Mall is on the corner of N.W. 23rd and Villa. Entrance B or C is behind Kentucky Fried Chicken.

Idabel: August 25, 2004

Kiamichi Technology Center, Rt. 3 Box 177, Idabel, OK 74745

Woodward: September 16, 2004

Northwest Inn, Highway 270 & First Street, Woodward, OK 73801

Faculty

Missy Behrents Iski, MA, LPC, LMFT, NCC, is a Director of Programs and Counseling for DVIS, Tulsa. She is a clinical assistant professor and volunteer faculty for the Oklahoma College of Medicine, Tulsa, Oklahoma. She received her masters degree in Guidance and Counseling from The University of Tulsa.

Continuing Education Credits

Continuing education credit hours have been applied for through the Oklahoma State Board of Licensed Social Workers and the Licensed Professional Counselors Committee. *Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance.*

Program Schedule

8:00 - 8:30	Registration
8:30 - 10:00	Part One: <ol style="list-style-type: none">1. Introduction2. The psychological and physical outcomes of chronic trauma and stages of recovery3. The role of the counselor
10:00 - 10:15	Break
10:15 - 11:45	Part Two: <ol style="list-style-type: none">1. Safety-the essential first step2. Addiction and trauma3. Court appearances
11:45 - 1:00	Lunch
1:00 - 2:30	Part three: <ol style="list-style-type: none">1. Remembrance and mourning2. Exposure techniques3. Managing anxiety
2:30 - 2:45	Break
2:45 - 4:15	Part Four: <ol style="list-style-type: none">1. Reconnection2. Making meaning out of the experience3. Mentor program

Seminar Fees

Current ODMHSAS staff members are admitted at no charge. Registration for non-DMHSAS participants is \$75. Those registering by the early bird dates will qualify for the discounted fee of \$50. *Payment may be made by check or money order only; cash cannot be accepted. No refunds.*

How to Receive Your Certificate of Attendance

Certificates of attendance will be distributed at the end of the training. If you have an emergency and must leave early, your hours will reflect the number of hours you were in attendance.

Special Accommodations

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations, if any, you require. For requests, call 405-522-8300.

Lodging

The following hotels are conveniently located for seminar participants who need overnight accommodations and refer to the Department of Mental Health and Substance Abuse Services when making your hotel reservation.

Tulsa:	Holiday Inn Select I44 & Yale Tulsa, OK. 74114	918-622-7000	Woodward: Northwest Inn Highway 270 & First St. Woodward, OK 73801 800-727-7606
Oklahoma City:	Comfort Inn 5704 Mosteller Drive Oklahoma City, OK. 73112	800-424-6423 405-810-1100	
Idabel:	Comfort Suites	580-286-9393	

400 SE Lincoln Blvd.
Idabel, OK 74745

****Complete the form below and mail it (with payment, if applicable) to:

Seminar Coordinator
Human Resource Development Division
Institute for Mental Health and Substance Abuse Education and Training
2401 NW 23rd St., Suite 82
Oklahoma City, OK 73107

Faculty:

Missy Behrents Iski, MA, LPC, LMFT, NCC

Locations:

June 24, 2004

Brooks Harvard Conference Center
2323 S. Harvard
Tulsa, OK 74114

July 21, 2004

Shepherd Mall, Room 40B, Entrance B or C
2401 NW 23rd.
Oklahoma City, OK 73107

August 25, 2004

Kiamichi Technology Center, Seminar Room
Rt. 3, Box 177
Idabel, Oklahoma 74745

September 16, 2004

North West Inn, Banquet Room
Highway 270 & First Street
Woodward, OK 73801

Registration:

Three Stages of Healing: Recovery for the Survivors of Domestic Violence

Name _____

Unique Identifier # _____

Occupation or Job Title _____

Place of Employment _____

Address _____

City, State, Zip _____

Daytime Phone _____

E-Mail Address _____

Payment Method:

- DMHSAS current employee no charge.
- Paying with purchase order
- Check or money order enclosed, payable to DMHSAS, FEI# 73-6017987
- Early Bird discount - \$50
- Registration Fee - \$75
- Require special accommodations as follows:

PLEASE ENROLL EARLY!

Tulsa: June 24 Early bird discount before June 17 \$50

Oklahoma City: July 21 Early bird discount before July 14 \$50

Idabel: August 25 Early bird discount before August 18 \$50

Woodward: September 16 Early bird discount before September 9 \$50

Continuing Education Credit Requested:

- LPC/LMFT
- Psychologist
- RN or LPN
- Student
- LSW CADC
- Other _____

NOTE: Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. Upon completion of the seminar, all participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training. For more information, call: 405-522-8300. Faxed registrations are accepted at: 405-522-8320