

# Program Guide

## Trauma-Informed Care and Trauma-Specific Care Thursday, March 14, 2024

**Schedule:** 9:15 am to 1:00 pm Central Standard Time (Zoom Meeting will Open at 8:45)

- 9:15 Welcome and Opening prayer
- 9:20 FCNN Update (Sam Sleeman, Executive Director and Sondra Weinzierl, Education Director)
- 9:30 Speakers: Michael Borowiak, MSW, LICSW, Therapist, Consultant, Owner, and Alexis Wood, MA, Therapist, Traverse Counseling and Consulting
- 10:30 Break
- 10:40 Speakers, continued
- 11:30 Questions and Answer time
- 11:40 Break
- 11:50 Sponsor Presentations
- 12:10 Discussion: Steps to Becoming a Trauma-Informed Faith Community/Organization Led by Sondra Weinzierl, MA, BAN, FCNN Director of Education
- 12:55 Summary and Evaluation
- 1:00 Adjourn

This session meets the requirements for 3.0 Continuing Education Hours in Minnesota for RNs. Other attendees are responsible for determining if the session meets their CE requirements.

All materials can be downloaded from:

<https://www.fcnnctc.org/march-2024-continuing-education-symposium/>

**Description:** This session focuses on strategies for trauma-informed care and trauma-specific care. Faith communities and most health professionals are not prepared to give trauma-specific care and need to know resources for referral. In addition, the speaker will also address the reality of vicarious trauma. Participants will discuss ways to improve their organizations' trauma-informed approaches.

## **Learning Objectives:**

- Identify the benefits of providing trauma-informed care.
- Differentiate between trauma-informed care and trauma-specific care.
- Describe specific trauma-informed interventions used by trauma specialists.
- Explain “vicarious trauma” and how to protect oneself.
- Discuss how faith communities can improve their trauma-informed approaches and provide spiritual care to those impacted by trauma. (FCN led)

## **Speaker Biographies**

**Michael Borowiak, MSW, LICSW,**

*Consultant, Owner at Traverse Counseling and Consulting*

Michael has been in practice since 1997. He specializes in helping individuals and families going through stressful dynamics such as divorce, trauma, substance abuse, depression and anxiety. He is trained in family systems therapy, chemical dependence, discernment counseling and child and adolescent therapy. Michael's Why Statement: To journey with others with presence, passion and purpose so that growth is catalyzed. Trauma is a specialty area for his practice.

**Alexis Wood, M.A.,**

*Therapist, Traverse Counseling and Consulting, Minneapolis, MN*

Throughout her career and education, Alexis has a background working with children, individuals and families in various capacities. When meeting with an adult, couple, family or child, Alexis believes in the power of play. She sees the act of play as a medium through which people can connect with themselves and others, facilitating growth, healing and change. Alexis works with clients experiencing anxiety, stress, behavioral/mood changes, relationship conflict, spirituality, depression, grief and loss, queer identify and low self-esteem/body image. She strives to provide a presence of warmth and compassion while navigating the hard, difficult, painful and gray spaces. Education: M.A. Marriage and Family Therapy at Bethel Seminary, B.A. Bethel University. Professional Memberships: AAMFT (National Association of Marriage and Family Therapy)

**Sondra Weinzierl, MA, BAN, Faith Community Nurse**

Sondra is the Director of Nursing Education for the Faith Community Nurse Network of the Greater Twin Cities. She has a Masters' Degree in Adult Education and Human Resource Management from the University of St. Thomas and a Bachelor's Degree in Nursing from Gustavus Adolphus College. Sondra had her own business for 25 years providing training and education to organizations across the U.S. She has attended several courses in trauma and trauma-informed care and received a certificate as a trauma-informed practitioner from the Trauma Informed Care Center in Colorado.

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*Lyngblomsten is a proud partner of the Faith Community Nurse Network of the Greater Twin Cities.*

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