

Trauma-Informed Care in Counseling Survivors of Sexual Violence

Mandy Mount, PhD, Katy Dorsheimer, PhD, & Lissa Lim, PhD

June 21, 2017
CE Credit: 4

Workshop Description:

This 4 hour workshop provides mental health practitioners with skill development in offering trauma-informed care for survivors of sexual violence. We will address the neurobiology of trauma as a framework to understanding trauma-informed care. We will address areas of supporting survivors by attending to intersectional identities, establishing a safe environment, providing psychoeducation, and offering control, collaboration, and choice. We will also address steps involved in reporting sexual violence, advocating for survivors, and practicing self-care for practitioners.

Learning Objectives:

Objective 1: Attendees will gain knowledge about the current research on the neurobiology of trauma and holistic models of healing to better inform treatment interventions.

Objective 2: Attendees will learn at least 1-2 skills for supporting and counseling survivors of sexual violence in a manner that is informed by current literature on trauma and trauma-informed care.

Objective 3: Attendees will describe key steps to reporting sexual violence on a college campus.

Objective 4: Attendees will articulate the importance of attending to their own self-care while working with survivors of sexual violence as part of ethical and professional practice.

Workshop Schedule:

8:00-8:30am	Sign-In
8:30-9:30am	Welcome & Introductions Neurobiology of trauma
9:30-10:00am	How the body stores trauma
10:00-10:15am	Break
10:15-11:00am	Principles of trauma-informed care
11:00-11:30am	Reporting sexual violence on campus
11:30-11:45am	Break
11:45am-12:30pm	Case vignettes

Presenter Information:

Dr. Mount is an educator, consultant, trainer and therapist. A counseling psychologist specializing in the field of intimate relationship functioning, sexual violence, trauma and recovery, she is the Director of the UCI CARE office, which she established in 2005. She has conducted individual and group counseling for over 13 years and provides training for mental health providers, student conduct officers, investigators, law enforcement, community agencies, college students and staff/faculty. Dr. Mount speaks frequently at national conferences, directs several grants, serves on the Board of Directors for the Violence Prevention Coalition of Orange County and Tilly's Life Center, and has chaired Girls Conference Orange County since 2012. She has received numerous awards to recognize her work, including the Ambassador of Peace Award, the Chancellor's Living our Values Award, Order of the Laurel Award, the College and University Chiefs of Police Association Award of Distinction, the City of Irvine Outstanding Supporter of Prevention Award and Community Service Programs, Inc.'s Victim Service Award.

Katy Dorsheimer, PhD is a Senior Staff Psychologist at University of California, Irvine Counseling Center. She is a liaison to the CARE Office and the LGBT Resource Center. Dr. Dorsheimer is a generalist who also specializes in working with sexual violence and the LGBTQ population. She utilizes a trauma informed approach with a multicultural feminist framework in working with clients healing from trauma. She also provides training and supervision, particularly focused on assessing and treating sexual violence.

Dr. Lissa Lim is a postdoctoral fellow dually appointed to the UCI Counseling Center and CARE office. At the Counseling Center, Dr. Lim functions as a trauma-focused therapist working primarily with students affected by trauma including sexual violence, childhood abuse, intimate partner violence, and stalking. At the CARE office, she collaborates with other staff in developing Holistic Healing programs which provide various avenues for healing from trauma. Dr. Lim also facilitates holistic healing programs with students impacted by trauma. Dr. Lim received her doctorate from Southern Illinois University in Carbondale (SIUC). She has experience working with trauma survivors at various settings including university counseling centers, rape crisis center, community mental health center, and private practice. Dr. Lim has experience providing trauma focused therapy in English and Spanish to diverse trauma survivors. Dr. Lim also has a passion for working outside the therapy room to advocate for culturally sensitive trauma-focused work with trauma survivors. With that goal in mind, she has provided trainings on trauma-informed work to students and university staff, and has conducted research on the impact of culture on coping for survivors of childhood sexual assault.

References:

Levine, P. A. (1997). *Waking the tiger: Healing trauma*. Berkeley, Calif: North Atlantic Books.

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The National Sexual Assault Coalition Resource Sharing Project and National Sexual Violence Resource Center. *Building Cultures of Care: A Guide for Sexual Assault Services Programs*. 2013.

Phillip, H, Lyons, E., Fabri, M., & Warshaw, C. *Promising Practices and Model Programs: Trauma-Informed Approaches to Working with Survivors of Domestic and Sexual Violence and Other Trauma*. National Center on Domestic Violence, Trauma, & Mental Health, 2015.

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