

Post Traumatic Growth & Suicide Prevention Agenda

Conference June 11, 2025

Overview: This conference is designed to empower medical staff, therapists, military, law enforcement, and peer support professionals with the knowledge and tools to foster post traumatic growth (PTG) in clients and within themselves. By exploring the latest research, clinical practices, and personal experiences, attendees will gain a deeper understanding of trauma, resilience, and healing.

Conference Schedule

7:30-8:00 a.m. Registration

8:00-9:00 a.m. Limitless Possibilities - Reframing Trauma: From PTSD to PTG

The focus will be on shifting from a victim mentality to a survivor mindset. Application of PTG in practice helping students find hope and a mission or cause going forward.

- **Jason Webb, MSW, LCSW**

Summary: University of Utah graduate, Mr. Webb will challenge the prevailing focus on PTSD and advocate for a PTG-centered approach. He will discuss strategies for reframing trauma narratives and empowering clients through a PTG lens. Mr. Webb will explain the role of the Reticular Activating System and how it plays in perception. He will focus on the following: reframing trauma, the power of perspective personal stories, the role of gratitude, journaling as a tool for growth, cultivating optimism and establishing boundaries.

9:00-10:00 a.m. Research and Clinical Practice

The focus will be supporting research, case studies personal stories, and the impact on clients.

- **Laura E. Juarez, DPA, PA-C, MPH**

Summary: University of Touro graduate, Dr. Juarez, will present empirical findings on PTG, illustrating their application through case studies. She will discuss evidence-based interventions for fostering PTG in medical settings and share her clinical experiences.

10:00 – 11:00 a.m. Suicide Prevention / Physical / Mental Health

Integration Dr. David B. England II, PsyD., MS, PCC Performance &

Licensed Clinical Psychologist

Summary: At the conclusion of this presentation participants will be able to:

1. Illustrate the critical issue of suicide prevention using a biopsychosocial approach.
2. Identify the role of primary care as the initial or only professional involved in mental health.
3. Evaluate the use of screening tools, family history, genetics, and medication for best practice.
4. Formulate suicide prevention strategies implementing PTG for integrated care.

11:00 – 12:00 a.m. Trial Action Paths Keynote Address

The focus will be the introduction to PTG theory and the domains of growth.

- **Hugh D. Watt, MSW, LCSW, Executive Director Post Traumatic Growth Project**

Summary: Brigham young University and University of Denver graduate, Hugh Watt will provide a comprehensive overview of PTG theory, exploring its historical development, core principles, and the five primary domains of growth. He will introduce students to the importance of the Trial Action Path (TAP), Relationships, Inspirational, Appreciation, Limitless Possibilities, and Personal Strength. His personal journey will offer powerful insights into the human capacity for resilience.

Lunch on your own 12:00-1:30

1:30 – 2:30 p.m.

Post Traumatic Growth.

- **Martin Berta, BS**

Summary: Drawing from a rich background in military and law enforcement, Martin Berta exemplifies leadership and resilience. His career spans over two decades, during which he has led teams, trained officers, and contributed to public safety both domestically and internationally. Now retired, Martin served as a Training Officer and Sergeant with the West Jordan Police Department, UT. He brings a wealth of knowledge and experience in mental health, peer support and CISM. His expertise in mentoring and management, combined with his strategic mindset, ensures that first responders are well-equipped to handle the complexities of their roles.

2:30 – 3:30 p.m. Steinia Lewis, MPAS, PA-C Suicide Prevention Biopsychosocial Model

The focus will be on suicide prevention, screening and the importance of the biopsychosocial model when helping clients.

Summary: The speaker will delve into the critical issue of suicide prevention, emphasizing the importance of a biopsychosocial approach. They will discuss implementing PTG-informed suicide prevention strategies and the role of integrated care. Using the perspective as a primary care provider discussing the importance of screening tools, genetics, family history, holistic and medication options. Discussion of the importance of primary care as often the initial or only professional involved in patient mental health care.

Systemic Perspectives on Trauma and Growth

3:30 – 4:30 p.m. Jeff Denning, ACMHC Ending Keynote

TITLE:

Prescribing Socialization: Boosting Health Outcomes Through Relationships

Summary: The science is clear—we thrive through connection. Social support isn't just vital for our emotional well-being; it impacts our physical health too. Yet, over the past two decades, socialization has declined, leading to a rise in mental health challenges. So, what can we do about it? In this keynote, we'll dive into how relationships fuel resilience and Post Traumatic Growth and explore actionable ways to boost health outcomes through stronger social connections.

Speaker Hugh Watt, MSW, LCSW

4:30 – 5:00 p.m. Conference Summary Feedback, Surveys, Certificates, and Networking

5:30 End