



A Conference for
Mental Health Professionals



**Affirming our Identities:
Awareness to Action**

Centennial Hall | Juneau, Alaska | May 14-17, 2024



Event Brochure

Conference Schedule - Abbreviated

Wednesday, May 15 Conference Day 1

8:00AM - 9:00AM	Check-In & Registration
8:00AM - 8:30AM	Continental Breakfast
8:30AM - 9:00AM	Aak'w Kwaan & Event Welcome
9:00AM - 10:00AM	Keynote #1
10:15AM - 11:15AM	Keynote #2
11:30AM - 12:30PM	Keynote #3
12:45PM - 1:45PM	Network Lunch (Optional Add-on)
2:00PM - 6:00PM	Whale Watching (Optional Add-on)

Thursday, May 16 Conference Day 2

8:00AM - 9:00AM	Check-In & Registration
8:00AM - 8:30AM	Continental Breakfast
8:40AM - 9:40AM	Breakout Session #1
9:50AM - 10:50AM	Breakout Session #2
11:05AM - 12:05PM	Breakout Session #3
12:15PM - 1:15PM	Keynote #4
1:15PM - 2:15PM	Lunch on own
2:30PM - 4:30PM	Mastermind Sessions (Optional Add-Ons)

Friday, May 17 Conference Day 3

8:00AM - 9:00AM	Check-In & Registration
8:00AM - 8:30AM	Continental Breakfast
8:40AM - 9:40AM	Breakout Session #4
9:50AM - 10:50AM	Breakout Session #5
11:05AM - 12:05PM	Breakout Session #6
12:15PM - 1:15PM	Keynote #5

Conference Registration

Available in [3-day](#) or [1-day](#) tickets

- Add-on tickets include: Whale-Watching, Network Lunch, and Mastermind Sessions
- Discount available for group and student registrations

Sponsorship Packages

Available at [five levels](#), which all include verbal recognition during the event welcome; tiered positioning of sponsor's logo on all pre-event, on-site and post-event promotional materials including event web page, electronic communications, and signage; and a giveaway inclusion in attendee swag bag

- Platinum (\$5,000)
 - 3 individual complimentary conference registrations for members of the company or organization
 - Exhibit booth table at conference
 - Social media post on all event channels
- Gold (\$2,500)
 - 2 individual complimentary conference registrations for members of the company or organization
 - Exhibit booth table at conference
- Silver (\$1,000)
 - 1 individual complimentary conference registrations for a member of the company or organization
 - Exhibit booth table at conference
- Bronze (\$500)
- Special Event (\$2,000)
 - Whale Watching, Network Lunch or Welcome Reception
 - 2 individual complimentary tickets to the sponsored event
 - Exhibit booth table at conference

For questions, please contact:

Tara Olson, Conference Coordinator at
tara@affirmingconsultantsandcoaches.com

Additional Event Information: affirmingconsultantsandcoaches.com

Detailed Schedule

Wednesday, May 15th

9:00AM - 10:00AM

Keynote: A Sense of Belonging: Relationships Heal, Culture Heals
Dr. Tina Woods

In the opening keynote session, Dr. Woods describes the importance around sense of belonging and connectedness including how positive relationships create opportunity for healing. We will explore the relationship between historical impacts of trauma on the present day disproportionality of behavioral health issues among Alaska Native people all while giving hope that we have the medicine within us, *I too yei yatee* (it is within you). The session will emphasize how culture heals and the deep connection to tribal values, land, and relationships with others as part of who we are as Alaska Native peoples.

10:15AM - 11:15AM

Keynote: The Soulful Professional: Intersectionality of Professional & Human
Alejandro (Alex) Castro Croy

As clinicians and professionals we bring our expertise, our lived experiences, and humanness to the field of advocacy and human services. As humans, we endure challenges in our 5 domains PERMS (Physical, Emotional, Relational, Mental and Spiritual). We will learn how to navigate, process, and manage these as professionals and humans.

11:30AM - 12:30PM

Keynote: Layers Not Labels: Embracing the Whole of a Person in Context
Dr. Angela Koivula

In this Keynote Presentation Dr. Angela Koivula will discuss her own journey as a Black, Gender-Queer, Licensed Clinician and how her lived experience has informed her work toward educating others on creating more inclusive spaces and supporting clients in her clinical work as a licensed psychologist.

This keynote will explore the concept of fostering inclusivity in healthcare settings by engaging participants in their own awareness of internalized homophobia, internalized racism and the concepts of intersectionality with the hope of introducing a more inclusive way to approach mental health care. Join Angela for a very candid discussion and start to unpack, understand and even validate and affirm your own biases and assumptions.

12:45PM - 1:45PM

Network Lunch (Optional Add-on)

2:00PM - 6:00PM

Whale Watching (Optional Add-On)

Relax and breathe in the sea air on board a deluxe catamaran as we cruise together through the Alaskan wilderness. You'll have the opportunity to view and learn about humpback whales, orca, sea lions, porpoise, seals, eagles, and more! Transportation will be

provided to Auke Bay and back once the tour has concluded. Expect to spend about 3 hours at sea. This opportunity can be added on at the time of your registration.

All those attending the Whale Watching trip, must ride the provided buses out to the boat. Self transportation is not permitted, as no parking is available at the launch site. Buses leave Centennial Hall at 2pm and return around 6pm.

Thursday, May 16th

BREAKOUT SESSIONS

8:40AM - 9:40AM

Embracing Intersectionality: Promoting Inclusivity, Respect, and Social Justice for High-Performing Professional Women with Anxiety
Jennifer Walker

In today's fast-paced and demanding world, high-performing professional women face unique challenges in balancing career success and personal well-being. This presentation aims to shed light on the complexities of intersecting identities and their impact on mental health.

During this engaging session, we will delve into the intersectional experiences of high-achieving women, considering factors such as race, gender, sexual orientation, and ability. We will explore how societal expectations and systemic biases can influence their pursuit of

success and contribute to anxiety.

By examining the intersectionality of identity and the barriers it may pose, we will uncover therapeutic strategies to create an inclusive and empowering space for this specific client group. Participants will learn culturally competent approaches to support high-performing women in managing anxiety, self-doubt, and external pressures. Moreover, we will address the concept of imposter syndrome, a common psychological challenge faced by many successful individuals, and discuss how to foster self-confidence and resilience in therapy.

Join us in this enlightening presentation as we seek to foster a deeper understanding of the complexities faced by high-performing professional women with anxiety. Together, we will explore the transformative power of inclusivity, respect, and social justice in therapy, empowering both therapists and clients alike to navigate the intersection of success and mental health with compassion and resilience.

From Adversity to Advocacy: The Birth of a Reluctant Radio Show Host *Debra Sloss*

This presentation delves into the overlooked yet immense power embedded in personal challenges, demonstrating how these difficulties can serve as catalysts for meaningful societal change. Debra, a dedicated advocate for mental health, will candidly share her transformative journey,

navigating her son's mental illness. Through her story—from initial despair to becoming a proactive advocate—Debra will highlight how she translated her hardships into a passionate commitment to mental health advocacy.

The session will explore the process of leveraging personal struggles into avenues for advocacy. Debra's story will serve as an inspirational example; how despite lacking prior radio expertise, she founded the STATE of MIND Radio Show & Podcast, a platform dedicated to amplifying the voices and insights of individuals with lived mental health experiences. This initiative has both fostered a supportive community and provided accessible education on diverse mental health topics, free of charge.

Participants will engage in reflective exercises, examining their own life challenges, and contemplating ways to potentially become advocates within their respective communities. Through this exploration, attendees will discover how personal adversities can be harnessed as catalysts for positive societal transformation.

Inclusive Conversations - Sexuality, Relationships and Sexual Health *Nicole Mortenson & Kelly Aicardi*

In this workshop hosted by Planned Parenthood of the Great Northwest, Hawai'i, Alaska, Indiana and Kentucky (PPGNHAIK), participants will focus on building skills, knowledge and understanding to create more inclusive mental

health care practices when working with LGBTQ youth, including recommendations for an LGBTQ friendly environment. Participants will also leave with resources for further learning.

Providers will learn vocabulary and understanding of diverse gender identities and sexual orientations, to build understanding of the LGBTQIA+ community. They will learn several tools, tips and skills to ensure an inclusive practice. Everything they will learn are things that they can start doing immediately. Providers will also have a chance to practice these skills with each other during the conference.

This conference session is designed for providers with little knowledge or understanding of creating LGBTQ inclusive environments, though those with ample knowledge, understanding and experience are also encouraged to attend to support the learning of others.

9:50AM - 10:50AM

Deconstructing Gender and Gender Roles *Eli Michael*

Participants will learn about gender, gender theory and gender roles including sociocultural factors to explore intersections of gender. This knowledge and small group discussions will allow participants to explore their personal understanding of gender. Presentation will include education and small group discussions.

Pagans, Psychotherapy, and Bias, Oh My! *Pagey Taylor*

Join this lively discussion to explore how earth-based spirituality, such as Paganism and other non-Abrahamic religious perspectives such as Astrology or Wicca can be integrated in an ethical, evidence-based manner to address the needs of many clients in our communities. Understanding how professional counseling ethical codes support this; Learning how to better assess cultural competency of yourself as a clinician serving these populations, as well as understanding the role that cultural competence regarding scripturality is within our ethical guidelines. Looking further into the bias within the psychotherapy community regarding therapeutic approaches as related to spirituality and most specifically paganism or other less "traditional" religions. Also exploring how we may begin conversations utilizing some of the rich heritage and perspectives of many pagan cultures (much of which has been lost or is as diverse as secular and non-secular belief systems) to address identity needs by utilizing our implicit biases and those of others, versus trying to eliminate these biases. And how these diverse populations can be served without disrespecting Abrahamic traditions, and even integrating what seemingly is at odds in order to most appropriately serve individuals that are more eclectic in beliefs, which is becoming more prevalent in practice.

Seniors Are the Most Interesting People You'll Ever Meet

Eileen Hosey

Let's change the perspective of Seniors and Elders to reflect

their assets. When you're Old you're Gold! There often is a generalized conception that senior citizens are a drain on the economy and more burdensome, rather than to understand and acknowledge their many talents and gifts. It is important to recognize and honor their many years of life, service, work, and commitment to their communities. The benefits of this session would include facts and data that show how seniors contribute in so many areas, but also address ageism ideas and practices by offering examples that occur every day and hopefully dispel some of the unfair and inaccurate ideas about what it is to be a "senior."

Affirming Neurodiversity: How to uplift and recognize neurodivergent identities

Madison Truitt

In 1902, ADHD was first identified as a defect of moral control in children. In 1911, autism was first recognized, but in a description of schizophrenia, in 1943, a man was the first person to be formally diagnosed as autistic, and in 1980, the DSM-III established autism with its own diagnosis. In the span of less than 125 years, we have created and learned stigmas around neurodivergent identities. With the evolution of the internet and social media, we are connecting and learning more than ever, but are we, as providers, keeping up? Are we providing a true healing space, or are we perpetuating traumas for those we care for? This session will focus on helping providers learn how to recognize neurodivergency with an updated lens, how to alter therapeutic modalities for

neurodivergent individuals, how to hold an inclusive space, and share personal experiences.

11:05AM - 12:05PM

Families in Transition: Guidance & clinical application for family members navigating the complexities of their LGBTQI loved ones

Christy Plaiice

This session focuses on work with family members (parents, caregivers, siblings, spouses/partners, grandparents, aunts/uncles, etc.) who are having complex struggles with a loved one that identifies as part of the LGBTQI community. We will identify & examine biases, challenges, respect, & support within a clinical/therapeutic setting. Together we will review some real life examples of family resistance & the impact of current social & cultural climates with direct care workers.

Embracing our Identities in the Workplace

Dr. Kathryn Defilippi

As mental health therapists, we see the world in a different view. We are exposed to the individual injustices that our clients experience on a daily basis and work towards helping them out. We empathize with them as we sometimes face those challenges ourselves. If we are business owners, we find ways to create a safe place for all identities. Unfortunately, not all places of business recognize our identities, and employees are forced to hide who they are. Their place of work can become a threat as they cannot be their true selves. Although we cannot transform

every Fortune 500 company, we can work with our clients who have these fears or see these fears in their co-workers/employees. By bringing awareness to various identities and how to embrace them, we are taking the first steps to create a better workplace. Creating a better workplace creates a better home life and overall quality of life.

Authentic Leadership: Navigating Neurodivergent Identities in Mental Health Business Ownership *Maureen Werrbach*

In this session, we will delve into the essential role of authenticity in leadership, encouraging neurodivergent business owners to embrace and celebrate their unique identities. Discover the specific strengths that neurodivergent individuals bring to leadership roles, and how to use those strengths confidently.

Explore the dynamic landscape of neurodivergent leadership as we discuss the unique qualities that empower individuals to navigate change and crisis situations, fostering resilience and adaptability. Through personal stories we'll highlight the diverse paths taken by neurodivergent business owners who have achieved success in the mental health industry.

Moreover, gain valuable insights into the distinctive mental health considerations for neurodivergent business owners. Our discussion will provide practical strategies for maintaining well-being and balance, ensuring that neurodivergent leaders thrive both personally and

professionally. Join us as we celebrate authenticity, resilience, and the strength inherent in neurodivergent leadership within the realm of mental health business ownership.

12:15PM - 1:15PM

Keynote: Autism Acceptance - Embracing Neurodivergent Identity *Patrick Casale*

In this engaging keynote presentation, we will explore the crucial concept of Autism Acceptance and the importance of embracing neurodivergent identity. Autism is not a disorder to be fixed but a unique way of experiencing the world.

Understanding Autism: We'll start by gaining a deeper understanding of Autism, debunking common myths, challenging ableist narratives, and exploring its diverse manifestations.

Embracing Differences: Learn why embracing neurodivergent identities benefits Autistic people, their families, and society at large. We'll discuss the strengths and talents often associated with Autism.

Promoting Inclusivity: Explore practical ways to foster inclusivity and support for neurodivergent individuals in schools, workplaces, and communities.

Challenging Stigma: Address the harmful stereotypes and stigmas surrounding autism, and how we can combat them through awareness and acceptance.

Personal Stories: Hear Patrick as he shares his experiences and insights into the journey of

self-acceptance and understanding.

Advocacy and Support: Discover resources, organizations, and initiatives dedicated to promoting autism acceptance and supporting neurodivergent individuals.

By the end of this presentation, you'll leave with a new perspective on autism, a commitment to fostering acceptance, and practical steps to create a more inclusive and supportive world for neurodivergent individuals. Join us in celebrating the beauty of diversity and embracing neurodivergent identity.

1:15PM - 2:15PM

Lunch on own

2:30PM - 4:30PM

MASTERMIND SESSIONS (Optional Add-ons)

Beyond Affirming Care: Creating and Fostering an Inclusive Therapy Practice *Dr. Angela Koivula*

Being an affirming provider is more than hanging LGBTQIA+ and Black Lives Matters flags or displaying your preferred pronouns in your email signature. Affirming care is about embodying equitable justice with an awareness of historical oppression that contributes to present day fear and otherness which cause harm to marginalized groups. The work of inclusivity is internal, not external. It's about attending to the internal parts of ourselves to make space for the unknown. Before we can help others outwardly we must look inward

experiences of oppression, racism, and the shame and guilt that motivate the actions that unintentionally cause harm to others.

Dr. Koivula built her private practice, Affirmative Counseling and Psychological Services, LLC on the foundation of giving space to those who are most marginalized. This is informed from her lived experience as a Black, Queer, Able-Bodied Individual but has been co-created by her clients' and students' willingness to bring their authentic selves to the clinical space. Through the years Dr. Koivula has been able to adapt, change and grow to develop a model of Affirming Care that is not limited to Sexuality, Gender, Race, Able-Bodiedness or any other specific label of a person. Her approach of inclusivity starts with the self and exploring parts of herself that both support and hinder connection in others. As such she has forged a niche in her community that has grown beyond simply direct service. She is invited to give workshops, trainings, supervision and to teach students about meeting clients where they are.

Join Dr. Koivula for a unique and special mastermind workshop designed to help you center inclusivity and affirming care in your clinical practice. In this workshop you will be encouraged and supported to explore your blind spots, address cultural blunders and explore the self of the therapist when working with clients beyond the visible assumptions of marginalization. Inclusivity is about the space you create, and if you build in inclusivity, clients of all identities will feel seen, heard and valued.

Trans Children in Today's Society

Aidan Key

Over a decade ago, a well-known adult trans activist expressed mixed feelings that trans children were able to get much earlier

familial support and access medical interventions that could vastly decrease distressing pubertal changes in misalignment with their gender identity. Of future trans girls she said, these are girls “whose gender, and social identity, will be always and completely female to every adult she knows or meets.”

Trans and other gender diverse youth are visible in increasing numbers regardless of how well they “pass” rendering this activist's predictions of an easier life pretty far off the mark. While the health professions are encouraging a gender supportive approach, the court of public opinion is deeply divided with some pointing to supportive measures as being lifesaving while others equate these measures with child abuse.

At the center of this maelstrom are the children themselves. What do we know about today's trans and nonbinary youth? Join author and educator Aidan Key for an interactive examination of the societal upheaval surrounding a growing number of trans youth and the challenges they face.

Soul-tending transmuting into Soulmaking change in lives

Alejandro (Alex) Castro Croy

As clinicians, we listen and tend to people's traumas through various modalities in the mental health field. At times, the client's trauma can leave us charged and disoriented, questioning our efficacy in working with clients and our skills.

This masterclass will teach the clinician how to tend to others' soul in the clinicians' space (soul-tending), but also learn and grow from each encounter through (Soul-making) and learn skills that will affirm our identities as clinicians, healers, and reinforce personal growth and development within our 5 domains (PERMS). This masterclass is focused on Jungian/Depth Psychology and will encourage participants to explore and lean into the challenges and struggles that arise within us in session with our clients.

Friday, May 17th

BREAKOUT SESSIONS

8:40AM - 9:40AM

Beyond Acceptance: Affirmation, Advocacy, and Culturally-Competent Therapy for Trans Clients
Amelia Hanrahan

This session will help participants move beyond simple acceptance of their trans and gender-nonconforming clients into a place of affirmation, advocacy, and understanding of the complexities of providing effective therapy to a significantly marginalized group. Participants will leave with an introduction to affirming practice management, common themes and topics of therapy with trans clients, legal

responsibilities like "WPATH letters" and forms for changing gender markers (and how this impacts the therapeutic process), and participants will leave with confidence in where to seek out further learning and supports.

Respecting Childhood & Adolescence: Unique Challenges Youth Face in Therapy and the World Today

Kaleigh Boysen-Quinata

Children and teens are among the most vulnerable clients who we see, yet many therapists receive little to no training on how to work with this age group. Many young clients feel unheard or unsupported in their families and in the therapy room when they need support the most. Childhood and adolescence are their own unique stages of life in which our clients are rapidly growing, changing, and developing their own values and beliefs that may differ from those of their parents and their community.

In this session, we will explore how clinicians can support children and teens in advocating for themselves in developmentally appropriate ways. We will also explore common barriers and challenges that children and teens face in therapy and how therapists can create a welcoming, child and teen affirming environment for our young clients. In this session, we will explore therapy from a child and teen's perspective. We will explore common biases or lack of understanding that many therapists have around children and teens and their development. Then we will discuss how therapy can be tailored to the unique

needs of children and teens with the perspective that kids and teens are not "miniature adults" and do not have the same needs, values, or attitudes as adults. This stage of development needs to be respected and valued by providers. We will discuss how therapy can be provided in a way that includes consent, input, and understanding from the child or teen, even with young children. The presenter will ask participants to self-reflect on their interactions with children and teens in the therapy room, as well as their own experiences as a child or teen and how that might be different from what children and teens experience today.

From frustration to empathy: Best practices in working with those of a different socioeconomic status

Dr. Steffanie Altenbern

This presentation will examine poverty, hidden rules, and best practices in working with those experiencing a lower socioeconomic status. Rooted in experience and peer-reviewed research, the talk will discuss innovative methods for sensitizing clinicians, organizations, and companies to the distinct realities and priorities of individuals living in poverty.

The emphasis will be on the nexus of poverty and resources needed to bridge out of poverty, exploring how poverty-related stressors and systemic barriers affect mental health outcomes. The presentation will utilize facts, examples and engaging discussion to offer a paradigm shift to clinicians.

9:50AM - 10:50AM

Transparenting: The Intersection of Personal and Professional in Supporting Gender Diverse Youth

Jennifer Shivey

In this breakout session we will dive into the complexities of parenting a gender diverse child and how clinicians can support both parents and LGBTQ+ youth.

You don't know what you don't know, and this applies even more to the majority of parents and caregivers raising a gender diverse child. Parents' own childhood narratives, belief systems and thoughts about what they would be like as a parent are often challenged when learning how best to parent their transgender or gender diverse child. We will discuss parents' common questions & fears as well as how to support a child who may have varying levels of support within their immediate support system.

Affirming LGBTQIA+ Relationships by Focusing on Attachment

Lisa Buning & Dr. Angela Koivula

Join this workshop to explore the key factor attachment plays in LGBTQIA+ relationships and learn strategies for affirming LGBTQIA+ relationships.

Attachment is a key factor when we consider how counselors can support LGBTQIA+ relationships. Given the lack of public acceptance in society, LGBTQIA+ relationships can be vulnerable, and they often serve as one of the only secure bases for the two

or more people in it. If we don't address attachment styles (and what those styles propel us to do), if we don't honor how important each partner is to the other, particularly if they've been exiled by families and/or friends and/or society due to their queer identity, then we've missed the mark. Encouraging and informing LGBTQIA+ individuals how to understand their own attachment styles can provide an antidote to relational distress and directions for future growth, so that healing can occur.

Joining Ms. Buning in this workshop about LGBTQIA+ couples will be her wife, Dr. Angela Koivula, a trained couples therapist. Together, Lisa and Angela will help bring this topic to light and discuss their own experiences on both sides of the couch navigating the world as a Queer, Interracial couple who are also both therapists as well as clients of Emotionally Focused Therapy for Couples (EFT).

Trauma, Burnout & Addiction: Let's Turn On The Light

Pyper Thaller

This dynamic session investigates the impact of trauma on our capacity to function, which can lead to burnout. We will discuss the correlations between trauma, burnout and negative coping mechanisms, paving a way for us to identify our own negative coping mechanisms, and help others to do the same, without blame, shame or criticism. You'll leave with some self-discoveries, as well as tools and interventions to bring to your clients who experience substance use disorders and other addictive behaviors. Addiction is a hard-wired part of our fight-or

flight brain. Come learn to identify and work with it to improve quality of life for yourself and those you serve.

This session will redefine addiction and give you language to provide meaningful psychoeducation to your clients about the addictive mechanisms in every human brain, and the gifts that can be birthed from addiction and other negative coping mechanisms. We will use CBT and Mindfulness-Based Cognitive Therapy techniques to identify in ourselves and other participants what our addictive tendencies are, to reframe them for resilience and growth outcomes, and to utilize humility and empathy when working with people with substance use disorders and other addictive behaviors as coping mechanisms.

11:05AM - 12:05PM

ADHD and Clinical Supervision: From Awareness to Affirmation of Identity

Amanda Brucki

As the field of clinical social work evolves, it is imperative to recognize the unique strengths and challenges that diverse identities, such as ADHD, bring to social work. This session explores the intersectionality of being a licensed clinical social worker (LCSW) with ADHD who provides clinical supervision to aspiring therapists. Attendees will gain insights into harnessing the strengths of ADHD in supervision, understand how ADHD supervisors can guide ADHD clinicians in embracing their authentic selves, and develop strategies to foster an inclusive environment where diverse identities can thrive.

This session promises to be an enlightening exploration of the interplay between ADHD and clinical supervision, driving the message that diverse identities, when affirmed and supported, can elevate the therapeutic process and ensure clinicians' ongoing growth and development.

Sex-Esteem: The Impact of Body Image on Sexual Health

Amy Isaac

This workshop will discuss ways to counteract the discriminatory and patriarchal systems in place that tear down our sex-esteem and offer techniques for integrating body image into your treatment sessions in order to empower your client's sexual self. By exploring the historical and cultural significance associated with body image and having an open discussion surrounding our own perceptions and biases, we, as clinicians, can then put into action a system of empowerment and education to allow for all to explore and embrace their true sexual selves, without judgment or shame, offering suggestions of adaptive toys, play spaces, movement, and safe places for all. Through educating our clients on proper verbiage and terminology, as well as demonstrating alternatives to the perceived norms of today's sexual climate, this workshop can assist in expanding the repertoire of both new and seasoned clinicians, offering insights and ideas to pass on to our clientele.

Determining our own definitions and practices to increase personal sex-esteem can appear daunting to many, which is why I have chosen to create this workshop. Through trial and

experimentation, each individual can determine what makes them feel like their best self, sexually confident, attractive, desirable, and whatever else they wish to explore. This workshop serves as a way to give permission to the client to let their hair down and embrace their kinks, explore their sexual preferences, try new things, and break free of the norms and ideals that have been instilled on all of us throughout our lives.

When Helping Harms the Helper

Laurie Smith

Becoming aware of the impact of our work on us is critical. However, labeling it 'burnout' is distracting us from systemic factors as well as blaming the victims - similar to how many of our own work environments and practices often harm our participants. The session will review the impact of our work on our minds/bodies (as shared through the experience of the presenter); explore current solutions to this dilemma and play with newer frameworks such as Decolonization and Post Traumatic Growth for solutions while braiding internal empowerment and relationship-building into our lives at multiple levels (self, others/work, community).

This presentation will be presented from a Trauma-focused, Harm Reduction and Abolitionist lens and invites the participant to re-imagine a future without carceral forms of care. Multiple learning methods will be utilized, with a focus on non-Western ways of learning.

The Immigrant Experience: The loss of the familiar and challenges of starting over

Joyanne Bloom

This session will bring awareness and understanding of an underserved, struggling population striving to find identity and acceptance. A panel of immigrants and refugees will share their stories of hardships, often trauma, in their homeland and their journeys to safer lives and better opportunities. They will bring out of the shadows the language, legal, economic, and prejudice obstacles they navigate everyday. In search of new, better lives as Americans, the panelists will explain how they adapt to our confusing, diverse societal expectations, while still clinging to their cherished cultural identities.

12:15PM - 1:15PM

Keynote: Challenges Faced by Parents/Caregivers Raising Gender-Diverse Youth

Aidan Key

A growing number of youth are embracing a more expansive view of gender than prior generations. As they name and define their gender identities, the adults in their lives can find themselves in a confusing, frightened, and even resistant state of mind. What it means to be "supportive" can vary situation by situation, person by person, and inspire important questions such as What if they change their mind? Could my teen be going through a phase? Is this the influence of social media and peer pressure? Aren't they too young to be

making such an important decision?

As caregivers grapple with these questions, more factors crowd into the mix such as spousal conflict, personal biases, grief, anger, and lack of extended family support. Many fear losing their job, friendships, neighborhood, cultural, and faith communities. Amidst the more recent anti-trans legislative bills, parents now fear a loss of gender-affirming healthcare for their child, criminal charges for child abuse, and/or removal of their child from their home.

Join author and educator Aidan Key as he shares his perspective on this moment in trans history and the complicated experiences of families raising gender diverse children during a time of massive upheaval.

Presenter Biographies

Aidan Key (he/him)

Speaker, author, and educator, Aidan Key's work centers on gender diverse children. Key, founder of Gender Diversity, works nationally with hundreds of K-12 schools and youth-based agencies providing professional development, strategic planning, policy development, athletics guidance, and education for parents and students. TransFamilies.org, also founded by Key, is a national organization providing support and resources for families of gender-diverse children.

Key is the author of the seminal book, *Trans Children in Today's Schools*, (Oxford University Press) and a contributing author to both editions of the anthology

Trans Bodies, Trans Selves. Aidan was named Community Leader of the Year by the Greater Seattle Business Association (2017) and Seattle Magazine's Most Influential People of the Year (2019) and whose media appearances include The Oprah Winfrey Show, Larry King Live, DiversityIS, and twice on NPR's Fresh Air.

Alejandro Castro Croy

(he/him)

Alejandro (Alex) Castro Croy is a bilingual, bicultural, Trauma and Addiction Counselor and owner/Lead Clinician of Transcending Consulting Group in Denver Colorado. TEDX speaker and first generation immigrant from Mexico who accomplished his dream in higher education receiving an AA in Pastoral Ministry (Dallas, Texas), Bachelor of Science in Human Services (MSU in Denver, Colorado) and MA in Community Counseling from Regis University (Denver, Co). He is continuing to pursue his MA/Ph.D. from Pacifica Graduate Institute in Jungian and Archetypal Studies.

Alex's passion includes training, teaching, counseling, and consulting. He has been an Adjunct Professor for the Human Services Department at MSU-Denver for 10 years. He has served as an Interventionist for the Latino LGBTQ community, Drug Court Probation Officer at Denver Juvenile Court Probation (8 years), Bilingual Diversion Officer for Denver DA office (5 years), and previous owner and director of Life Recovery Centers (9 years). He has worked with a variety of clients from all walks of life and his eclectic therapeutic interventions have proven to be effective in treating trauma and addiction.

As a clinician, he's constantly reminded to engage in the art of self-care within the 5 domains of self. He has learned in his experience as a human in the clinical role, that the human comes first, then the professional side. Therefore, he has learned to honor and respect the human part of ourselves first in order to be effective in the profession role. His Depth/Jungian perspective always defaults back to soul work and soul tending (therapy).

Dr. Angela Koivula

As a consultant, educator, licensed psychologist, and a Black, Queer Individual, Angela helps clinicians and healthcare providers create and foster inclusive spaces for clients and patients across the span of psychological, physical, and emotional health. Through her consulting group, The Inclusive Wellness Project, her mission is to help clinicians learn affirming language through direct education, change their approach to patient care that centers marginalized identities, and integrate inclusive practices into their daily work both within and outside the workplace. Angela sees beyond the black and white and into the gray, messy and complex surrounding topics such as diversity, inclusion and affirming care. Angela is all about creating equitable care through collective efforts. "Each one, teach one."

Dr. Koivula received her doctorate degree from the University of Minnesota- Twin Cities before becoming licensed as a psychologist in the state of Florida. She has spent the past 15 years working in academic, college counseling and military settings before opening up shop

in her own private practice, Affirmative Counseling and Psychological Services, LLC where she has been serving individuals, couples and groups for the last five years as well as providing supervision to newly graduated clinicians and psychiatry residents. Though she specializes in working with persons under the LGBTQIA+ umbrella, most clients will tell you Angela offers space to meet people exactly where they are with a disarming approach to centering those parts of a person that are often met with shame and fear. Angela emphasizes the awareness that identity is fluid and complex and has fostered a space of safety where the most marginalized individual can feel valued, seen and heard.

Patrick Casale (he/him)

Patrick Casale, LCMHC, LCAS, is a Neurodivergent Business Coach leading retreats in the U.S. and internationally, helping entrepreneurs work through impostor syndrome, self-doubt, and perfectionism.

He is the founder of All Things Private Practice LLC, and the host of the "All Things Private Practice Podcast, as well as the co-host of Divergent Conversations." Patrick also owns a group psychotherapy practice in Asheville, NC.

With experience in both the clinical mental health world and the business world, he has helped thousands of therapists around the United States leave their agencies behind and create their ideal private practices.

He loves to travel and excels at bringing people together and helping to get the best out of them.

Dr. Tina Woods (she/her)

Tina Woods is Unungax (Aleut) originally from Saint Paul Island, Alaska, and Chamorro from the Island of Guam. She was also adopted Lingít (Tlingit) into the Kaagwaantaan, (Eagle, Wolf), her given name is Náakw laatseeni. She is a licensed Clinical-Community psychologist with a Rural Indigenous Emphasis from the Universities of Alaska Anchorage, and Fairbanks and currently the Senior Director of Community & Behavioral Services for Central Council Tlingit & Haida Indian Tribes of Alaska (Tlingit & Haida).

She respectfully blends both Western science and Indigenous practices based on teachings from Elders. Dr. Woods brings 'lived experience' and leverages such experience in combination with science for teaching others about trauma informed care. She strongly believes in going upstream with prevention efforts to make a significant difference for future generations.

Dr. Woods is passionate about holding healing space for helping people heal themselves through culturally responsive treatment infusing culture and tribal values as the foundation. In a therapeutic setting, she empowers individuals to find the best version of themselves by exploring how past and current traumas influence interpersonal relationships and behaviors. She supports individuals' healing journey by validating their experience, teaching healthy coping skills, helping people to understand their emotions, offering hope, and building resilience.

Amanda Brucki (she/her)

Amanda Brucki is a seasoned social worker and entrepreneur with over a decade of experience in the mental health arena. Recently relocating to scenic Alaska, she runs a thriving therapy practice, Calm Seas Therapy Group, as well as a coaching & psychoeducation practice, Smooth Travels Coaching.

Licensed as a Clinical Social Worker in Colorado and Florida, Amanda offers individual and couples therapy. Moreover, she lends her expertise to aspiring clinicians in Colorado, providing clinical supervision for those pursuing their LCSW and LPC credentials. Her unwavering commitment lies in crafting affirming, inclusive spaces, empowering individuals to lead authentic lives, and reassuring them of their intrinsic value beyond their achievements.

Harnessing her ADHD – a superpower she proudly owns – Amanda is a metaphor queen – coming up with incredible (and sometimes really weird) word pictures to help clients better conceptualize abstract ideas. Amanda is a staunch advocate for all folx, especially those with neurodivergence and from marginalized populations. Amanda believes that every human has the right to live their most authentic life, and helps provide the necessary space for folx to embrace the reality that they are loved and valued for who they are, not for what they do.

In addition to her professional accomplishments, Amanda's perspective is global. As an avid traveler, she's explored over 20

countries, absorbing the richness of varied cultures. These experiences greatly inform and enhance her therapeutic approach, adding a multicultural dimension to her practice.

Amelia Hanrahan (she/her)

Amelia Hanrahan LPC, NCC, is a psychotherapist working in private practice in Juneau, Alaska. A queer and trans woman, her professional work has been focused on queer and trans mental health, as well as suicide prevention, and childhood and religious trauma. She is a graduate of the University of Toronto and the University of Alaska Fairbanks. She was awarded the 2023 Mildred Boesser Civil Rights Award for her work with trans teens and their families. She is the author of the upcoming book *The Transfeminine Guide to Physical Transition from Microcosm* Press. When not at work she is normally found at the hockey rink.

Amy Isaac (she/her)

Amy Isaac is a sex positive, LGBTQIA+ affirming, and body neutral licensed professional counselor and coach in the state of Pennsylvania. Her goal as the founder and CEO of Thrive Counseling Center in Pittsburgh, Pennsylvania, was to provide a safe, inclusive, and affirming space for clients to focus on gender identity, body image, relationship issues, sexual concerns, infidelity, kink, consensual non-monogamy, and more without judgment or fear. Exhibiting a passion to help others throughout life challenges, Amy brings a lightheartedness and laughter into the therapy space while challenging the client to embrace their inner sexual self while

eradicating any of the negative messaging learned from patriarchal, societal, or cultural ideals. A former art educator, Dr. Isaac often brings creative avenues into therapy sessions to further develop and process those topics which may be too distressing or underdeveloped to express verbally.

Through the creation and development of Thriving Minds Institute, Amy offers consulting, coaching, and educational opportunities to fellow clinicians, further providing a safe, affirming space to teach, learn, and grow as a community. Voted the Best of Pittsburgh, Relationship and Marriage Counselor, from 2020 through 2023, Amy earned a Ph.D. in Clinical Sexology from the Modern Sex Therapy Institute and a Master of Science in Clinical Mental Health Counseling from California University of Pennsylvania.

The author of *Sex-Esteem*, a clinical self-help book about the impact of body image on sexual health, Dr. Amy Isaac is also a speaker on burnout, body image, embracing neurodivergence as a therapist, incorporating sex talk into the therapy session, and providing empowerment to embrace your inner sexual being.

Christy Plaice (she/her)

Christy Plaice, LPC, is a creative light in the therapeutic community. She works with adolescents, adults, families, and groups. Her personalized clinical approach and gentle honesty is rooted & enriched in humanistic, somatic attachment repatterning, & neuroscience psychologies.

She has extensive education and clinical experience working in substance use/abuse, complex trauma physiology, experiential therapeutic communities, residential wilderness therapy, LGBTQI communities & their families, department of juvenile justice, and non-profit work with critical crisis response teams. Christy also thrives & enjoys traveling across the country providing trainings, intensive retreats, consultation, and experiential events on a variety of mental health and wellness needs.

Debra Sloss (she/her)

Debra Sloss, LMFT, a licensed psychotherapist in Santa Cruz, California, possesses over 25 years of clinical experience across agency and private practice settings. Her journey from a mental health professional to an impassioned advocate emerged when her youngest son faced severe mental health challenges, revealing the flaws in mental health systems and the impact of stigma.

Through her affiliation with NAMI (the National Alliance on Mental Illness), Debra found invaluable guidance and wisdom from individuals who intimately understand these experiences. This experience ignited her commitment to destigmatize mental illness, enhance access to mental health services, and elevate the voices of those affected. Starting as a NAMI volunteer, Debra's roles evolved from storytelling for law enforcement crisis intervention training to facilitating parent support groups. In 2018, she ventured into uncharted territory, creating, producing, and hosting the STATE of MIND Radio Show and Podcast which

now has a growing library of 65+ episodes. Each episode spotlights personal narratives intertwined with professional insights on a wide spectrum of mental health topics.

Debra holds a Master's Degree in Clinical Psychology with a specialization in Expressive Art Therapy, complemented by proficiency in various therapeutic modalities. Her professional trajectory encompasses individual and family counseling, therapy groups, clinical supervision and training and teaching roles across diverse settings.

Eileen Hosey

Eileen has 15 years experience as credentialed Care Coordinator and Case Manager for Seniors. She holds a BLA in Alaska Studies and minor in Communications and is passionate about serving senior citizens.

Eli Michael (they/them)

Eli Michael, LCSW, lives, plays and works on Dena'ina Athabascan land. Here they are engaged in working with the queer and trans population as a mental health provider. The past decade has been focused on learning, working and engaging to support people in their journey known as life. Eli began their career in behavior/mental health at the Red Cross, in wilderness behavioral health and out-patient counseling. They currently work as a trauma therapist in private practice, serving all of Alaska. They are dedicated to supporting and empowering all people to thrive.

Jennifer Shivey (she/her)

As a Licensure Supervisor in Colorado, Registered Play Therapist Supervisor, and

Approved Clinical Supervisor, Jen is dedicated to nurturing the growth of emerging therapists. As the founder of a thriving group practice and host to aspiring interns, she believes in the power of mentorship and collaboration. Beyond her professional endeavors, her heart beats for the LGBTQ+ community. Advocating for inclusivity and supporting LGBTQ+ youth and their families is her passion.

Jen earned her Masters of Community Counseling from Regis University and immediately started working on her Registered Play Therapist credential. Jen's passion and drive led her to earn the title of Registered Play Therapist-Supervisor as well as Approved Clinical Supervisor. She has also worked in the legal and educational fields, in addition to residential treatment facilities, prior to beginning in private practice.

Jennifer Walker

Jennifer is an Anxiety Expert with a Master of Social Work (MSW) degree from Savannah State University. As a Licenced Clinical Social Worker, she owns a telehealth private practice in Atlanta, Georgia, and is passionate about empowering high-performing professional women. She also serves as an administrator and academic coach at Georgia State University and holds an additional 13 years of experience in public schools (K12) as a Certified School Social Worker.

With over 20 years of diverse experience, Jennifer has excelled in providing clinical supervision, case management, and serving as a Field Practicum Supervisor for

social work students at Fort Valley State University.

Jennifer identifies as a biracial individual, affectionately referring to herself as a "mixed chick" who was born and raised in Michigan but has transformed into a Georgia Peach. She describes herself as a coffee enthusiast and nature lover.

As someone who can easily relate to her clients, Jennifer is deeply passionate about helping women conquer anxiety, overcome performance blocks, and slay imposter syndrome. Her areas of specialization include anxiety, relationship difficulties; self-acceptance, life transitions; empowerment, and personal growth.

Through her work, Jennifer endeavors to inspire women to unleash their authentic inner badass, empowering them to embrace life's journey with confidence and wholehearted enjoyment.

Joyanne Bloom (she/her)

Growing up with Yiddish speaking grandparents who fled persecution in Eastern Europe influenced my sensitivity to those new to our country. When I joined SERRC, Alaska's Education Resource Center, I was able to offer immigrants direct help through ESL, Citizenship, and GED Classes. When US support pulled out of Afghanistan in August, 2021, I helped form a Juneau Sponsor Circle, part of a national effort to successfully relocate refugees into American communities. Since then I have hosted newly arrived families in my home and helped them find housing, jobs, training as well as medical, legal and language support.

Kaleigh Boysen-Quinata

(she/her)

Kaleigh Boysen-Quinata is a Licensed Marriage & Family Therapist and parent educator and the owner/director of Family Roots Therapy in Portland, OR. Her mission is to help families learn to improve their relationships through connection and compassion. She specializes in family therapy, perinatal mood disorders, and Child Parent Psychotherapy, a counseling method focused on attachment and healing parent-child relationships after exposure to trauma or violence in children ages birth-6.

She has practiced for 12 years in a variety of settings, including community mental health agencies, crisis response, and school-based settings. She has also taught a course in child and adolescent counseling at Lewis & Clark College.

In addition to counseling, Kaleigh is a Certified Positive Discipline Parent Educator and helps parents enhance their skills and knowledge by teaching parenting classes and workshops, as well as speaking engagements. In her free time, she enjoys spending time outdoors hiking, camping, biking, or just playing at the park with her two children and two dogs.

Dr. Kathryn Defilippi

(she/her)

Dr. Kathryn (Kat) Defilippi is a Licensed Mental Health Therapist, with a PhD in Industrial Organizational Psychology.

Dr. Kat has worked with multiple organizations in the aftermath of a crisis to help both employees

and employers work through the event.

Dr. Kat is the owner of Running Alchemy. Dr. Kat has a passion for running and has transformed that passion into a coaching practice. The idea behind Running Alchemy is that running or exercise excites change in our lives and gives us the confidence to believe in ourselves and overcome challenges. Running Alchemy also has a run group that therapists can join to help with accountability.

Kelly Aicardi *(she/her)*

Kelly Aicardi is a Community Outreach Educator at PPGNHAIK and offers comprehensive, medically accurate, inclusive and age-appropriate sexual health lessons to all ages in Juneau, Alaska. She is originally from Minnesota and moved to Juneau in 2017 for a seasonal position, and immediately felt as if Juneau was home and has stayed here since. She earned a bachelor's degree in psychology from the University of Minnesota and has worked in a few different non-profit organizations specializing in advocating for various communities since obtaining her degree.

She is passionate about mental health, accessibility to comprehensive sexual education for youth and having open conversations about these topics to help destigmatize them, LGBTQ+ community-specific issues, equality, and advocacy, as well as providing support to others facing difficulties within these areas.

Laurie Smith *(she/her)*

Laurie L Smith has been practicing social work for 20 years and is well versed in

multiple modalities, theories and evidence-based practices. Her work has continuously involved working with marginalized populations (many of which she herself has been a member of) and, in fact, that is where her most useful awareness has been gained. Her passion has moved towards working with Trauma Survivors (individuals, providers and systems) through offering self-guided, self-paced journeys that point towards, but not limited to: Post-Traumatic Growth Tools and Strategies; Uncovering the Power of our own internal GPS (and how to find it); Wielding our innate survival skills consciously; Developing a Road Map for Internal Empowerment; Launching us into our OWN version of our OWN best life.

She has obtained the following credentials in her lifetime: MSW (University of Michigan, Specializing in Community and Social Systems); Healthy Hearts Care Manager (an IHS project); Certified Diabetes Educator, Certified Clinical Anxiety Treatment Professional, Certified Clinical Trauma Professional, Certified Addictions Informed Mental Health Professional; Certification in Human Rights; Stanford Chronic Disease Self Management Facilitator; SMART meeting facilitator and many more. Moreover, she has worked with and learned from the least and most privileged among us; the perpetrators and the victims of Colonialism; survived suicide, help that harmed, overmedication and is 4th Generation of MH and SUD issues. She practices firmly in Trauma-focused, Harm Reduction and Neurodiverse practices within a Decolonial Framework for Empowerment.

She is Author of LifeHacks: Tips and Tricks for Accessing Your Inner Resilience and Navigating the Storm Within: Cultivating Resilience and Growth Through Nervous System Regulation (E-book); Owner of Resilience Coach, LLC and Clouded Compass Coaching & Consulting and the creator of Clouded Compass Podcast: From Barriers to Breakthroughs. She offers webinars and courses to the public based on Post-Traumatic Growth, Harm Reduction and Decolonizing concepts.

Lisa Buning *(she/her)*

Lisa is the Assistant Director of Clinical Services and the Coordinator of Couples/Relationship Counseling at the Counseling and Wellness Center/ University of Florida. She is a Licensed Mental Health Counselor with over 20 years experience of providing client care. She also runs a private practice with a focus on healing relationship distress and sees couples almost exclusively. Lisa has received several years of specialized training in Emotionally Focused Therapy (by Dr. Sue Johnson) and is passionate about relationship work!

Madison Truitt

(she/they/her)

Madison Kaa'yis'taan Truitt is an Autistic, ADHD, Lingit (Tlingit) person. Born and raised in Juneau, Alaska, Madison is a graduate of the University of Washington holding a degree in Psychology B.A. and minor in Law, Society, and Justice focusing on Disability and Indigenous peoples advocacy and traumas. During her time at the University of Washington, she was the Director of the American Indian Student Commission, a

University of Washington Inter-Tribal organization which exists to promote Native culture, education, and Native students' interests, needs and welfare. Currently, her line of work and focus of care encompass Inclusive Design, Somatic Exploration, Gender and Neuro-affirmative care to name a few.

Madison is passionate about holistic wellness (mind, body, spirit, and soul) and the blending of Western and Indigenous practices to uplift individuals while gaining preventative practices along the way. They believe healing should be accessible and approachable, whereas an individual's unique journey should be respected with care, guidance, and trust. She is enthusiastic about serving, supporting, and healing others. When we heal ourselves, we heal each other, and we heal the world.

In 2016, she became a cancer caregiver to her partner with leukemia and brings her lived experience of caring and grief into her perspective on healing. As the great-granddaughter of a Missing and Murdered Indigenous Woman, they understand the weight of intergenerational trauma experienced individually and in our shared community. Her purpose to serve stems from her own lived experience and a desire to hold others up through creating space, listening, and offering respect. We each deserve care that validates our experience and nurtures our individual, as well as collective, values.

Maureen Werrbach

(she/her)

Maureen Werrbach, LCPC is an introverted, cisgender, lesbian, autistic and ADHD white woman. She identifies as a visionary entrepreneur in the mental health field. As the owner of Urban Wellness – a multi-location group practice in the Chicago area, she knows first-hand the focus healthcare providers put on making a positive impact in the world. She also knows that many healthcare professionals put business second to boots-on-the-ground helping in the community. Maureen shares her expertise in group practice leadership by coaching, educating and training social service professionals in a variety of ways. She is the founder of The Group Practice Exchange, host of The Group Practice Exchange Podcast, and certified Fix This Next advisor. Maureen's ultimate goal is to help group practice owners learn how to successfully start and scale their businesses, so that they can have a larger impact on their communities, all while honoring their identities and leading within their values.

Nicole Mortenson (she/her)

Nicole Mortenson is an Education Manager at PPGNHAIK and oversees sexuality and sexual health education programs in Alaska and Hawai'i. She started her work at PPGNHAIK as a Community Outreach Educator in 2017 working on a family connection program called LiFT. Nicole earned a B.A. in Human Development with a specialization in Family Studies and a B.A. in Spanish Language and Cultures at Washington State University. After graduation from undergrad, she served in the United States Peace Corps as a

Maternal and Child Health Facilitator in the rural highlands of Guatemala. Nicole is also a DONA certified Birth Doula and Full Spectrum Doula. This fall she will be entering her third year of the dual clinical mental health and school counseling graduate program at University of Alaska Fairbanks.

She is passionate about building community support systems, holistic wellbeing, harm reduction strategies, parenting, reproductive health and reproductive justice.

Pagey Taylor (she/her)

Pagey Taylor, MA, LPC also a professional consultant in Alaska. She completed her MA in Counseling-Psychology with Adults, additional training in Early Childhood Mental Health and worked in community mental health organizations with children 0-6, teens and adults. 6 years ago she began private practice, Novel Path Counseling and sister business Magick Path, LLC. Over 13 years specialized in holistic mental health, to include 5 elemental prongs that include Spirituality, Body, Emotions, Cognition and the mystery of Consciousness, Trauma & Abuse, Addiction, ADHD, Early Childhood. Extensive experience and formal training in Interpersonal Neurobiology, Polyvagal Theory, Dialectical Behavioral Therapy, Internal Family Systems, Trauma-focused Cognitive Behavioral Therapy, and Existentialism are her primary clinical modalities. She integrates her lifetime personal passions for embodied movement, art, mythology, religion, lore, literature, music, nature, theater, ancient healing arts and symbolic languages of Hermetics, magick, astrology,

and tarot into many treatments depending on individual needs, using evidenced-based practices as her check point.

When she must define her spirituality, she calls herself both Pagan and Agnostic at the same time, but her beliefs are centered in the duality of being human. Her Bachelor of Arts in Anthropology & Writing reflects her perspective of having natural curiosity and passion for diversity, enjoying differences, especially in people's authentic expressions and perspectives. She believes in individual expression as well as responsibility and accountability for all passions and our own feelings.

She seeks to increase the healing communities' capacity to provide care for all people, while reflecting that same integrity of care for ourselves as healers and clinicians, believing that self-reflection, diverse discussions and honest communication are fodder for this pursuit to Do As Ye Will, But Harm None (to the best of our ability). Specialty interest in all world religions including Abrahamic, alongside Viking, Celtic and other Ancient Nordic belief systems. Certificates in Integrative Nutritional Medicine, Trauma-Sensitive Yoga and Sensual Movement & Dance through Liquid Motion.

Pyper Thaller (she/her)

Pyper Thaller has worked in mental health for over 20 years. As Clinical Director and Behavioral Health Program Manager from community mental health agencies, Pyper has worked with diverse populations in five states (including in Juneau, Alaska) to resolve the impact of

trauma on our lives with our chosen forms of coping. Her passion is in training clinicians, law enforcement and first responders in how to work with others while doing their own work, so that the trauma we encounter doesn't overcome us. Ms. Thaller learned a great deal about addictions as coping mechanisms in her work with probationers and parolees in court-mandated, co-occurring disorder treatment. Ms. Thaller opened a private practice in 2018 and is working with counseling interns in her practice. Pyper is trained in EMDR, a Certified Trauma Specialist, Master Addictions Counselor, and CIT (Crisis Intervention Team) trained.

Dr. Steffanie Altenbern

(she/her)

Dr. Steffanie Altenbern, DHSc, LMSW, QMHP is a seasoned professional of social work with a passion for education, a devotion to serving and elevating vulnerable neighbors, and a commitment to building bridges among resources in her community. Her work focuses on educational courses in social work policy and advanced clinical skills at several universities such as her current role as an assistant professor in the College of Social Work at George Fox University. She has a deep passion for helping clients with housing security as well as focusing on their economic and workforce development. Steffanie is a Bridges out of Poverty trainer and has trained students and professionals across several states utilizing her expertise with this program. She has been the executive director of Willow Tree Case Management since January 2023.