

Trauma Clinicians, LLC

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Welcome

Trauma Clinicians, LLC welcomes all helpers to join us in suiting up for the rigor of a helping profession. We are dedicated to ensuring that each helper engaged with our services is armed with the healing practices necessary to fortify against day to day exposure to traumatic events. Join us to begin your resiliency journey today!

Our Mission

To provide innovative and effectual trauma services to children, adults, families, professionals, and community systems.

Our Vision

We envision a community that has the means and resources to heal, fortify, and thrive before, during and after traumatic events.

Helpers Armor Initiative

The Trauma Clinicians, LLC team is dedicated to providing trauma-informed services to community helpers such as nurses, doctors, police officers, social workers, child welfare staff, case workers, fire fighters, teachers, volunteers, etc.

Our community's helpers serve the most vulnerable populations in the face of traumatic events; over time, repeated exposure to traumatic events takes its toll.

Through the Helpers Armor Initiative, we aim to address the impact of the helper's experience through building awareness on Secondary Traumatic Stress, Burnout, and Compassion Fatigue. Additionally, we provide education on preventative and restorative practices in an effort to combat the demands of the Helper's work; as well as, increase helper access to specialized support and clinical intervention.

Meet your Clinicians

Danielle Hudak, MSW, LCSW-C, Owner

Licensure: Licensed Certified Social Worker-Clinical, State of Maryland

Education: Bachelor of Science Degree in Family Studies from Towson University and Master of Social Work degree from Salisbury University

Certifications: Trauma-Focused Cognitive Behavioral Therapy Certified (Anthony P. Mannarino, Ph.D), Certified Compassion Fatigue Professional, Eric Gentry, Ph.D., LMHC, International Association of Trauma Professionals, Registered Forward-Facing® Consultant, Registered Forward-Facing® Professional Coach, Registered Forward-Facing® Professional Resilience Facilitator

Formal Training:

- Forward-Facing® Professional Resilience Training (FFPT), J. Eric Gentry, Ph.D., LMHC, Board Certified Expert in Traumatic Stress Compassion Unlimited
- Accelerated Recovery Program (ARP), J. Eric Gentry, Ph.D., LMHC, Board Certified Expert in Traumatic Stress Compassion Unlimited
- Eye Movement Desensitization and Reprocessing Therapy (EMDR), Rachel Harrison, LCPC, NCC, EMDR International Association (EMDRIA)
- Trauma Systems Therapy (TST), Adam Douglas Brown, PsyD, New York University Lagone Health, NY
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Anthony P. Mannarino, PhD and Judith A. Cohen, MD, Allegheny Health Network, Drexel University College of Medicine, PA
- Alternatives for Families-Cognitive Behavioral Therapy (AF-CBT), Barbara Baumann, PhD, Western Psychiatric

Jennifer Canby, MSW, LCSW-C, Owner

Licensure: Licensed Certified Social Worker-Clinical, State of Maryland

Education: Bachelor of Science Degree in Sociology with a Concentration in Criminal Justice & Bachelor of Arts Degree in Psychology from Shepherd University and Master of Social Work Degree from Salisbury University

Certifications: Trauma-Focused Cognitive Behavioral Therapy Certified (Anthony P. Mannarino, Ph.D), Traumatic Stress Studies Certificate (Bessel van der Kolk, MD; Margaret Blaustein, Ph.D; Jana Pressley, Psy.D), Serving Our Veterans Behavioral Health Certificate (J.Campbell, National Council; William Brim, Center for Deployment Psychology; Amy Johnson, MSN, RN, Relias Learning), Certified Clinical Trauma Professional (International Association of Trauma Professionals), and Certified Compassion Fatigue Professional (Eric Gentry, Ph.D., LMHC, International Association of Trauma Professionals), Registered Forward-Facing® Consultant, Registered Forward-Facing® Professional Coach, Registered Forward-Facing® Professional Resilience Facilitator

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Forward-Facing® Professional Resilience Training

Brief Description

Forward-Facing Professional Resilience Training is an inoculation or vaccination against the potentially painful effects to caregivers working with troubled and traumatized populations; it is also intended to produce an ameliorative effect upon the current compassion fatigue symptoms that participants may be experiencing. The training embodies a *training-as-treatment* method and has been published in several journals and is recognized as an effective treatment for the symptoms of compassion fatigue.

Forward-Facing Professional Resilience Training draws from the Accelerated Recovery Program (ARP) for Compassion Fatigue and the Certified Compassion Fatigue Specialist Training to provide an intensive one-day experiential course for professional helpers to prevent compassion fatigue and other work-related stress disorders.

The training is a potent alchemy of didactic information, experiential processing, and transformative techniques that assists the professional and/or volunteer care provider in resolving symptoms of compassion fatigue while, at once, developing resiliency skills and practices that prevent compassion fatigue symptoms in the future.

Our consultant, Dr. Eric Gentry has offered Forward-Facing® Professional Resilience Training to over 100,000 satisfied professional and volunteer care providers in the US and abroad. We are excited to host Forward-Facing Trainings in our area as Registered Forward-Facing® Professional Resilience Facilitators!

Detailed Course Outline

Phase I: Building Understanding and Awareness

1. Opening Exercise
 - “Silent Witness” Exercise (Saakvitne, 2000)
2. Exercise – Small Groups
3. Tools for Hope (Perceived Threat, ANS, Self-Regulation)
4. Compassion Fatigue Didactic
 - Secondary Traumatic Stress
 - Burnout
 - Resolving Symptoms

Phase II: Compassion Fatigue Resiliency—Professional Maturation

1. Self-regulation
2. Intentionality
 - Write Covenant
 - Small Groups
3. Perceptual Maturation
 - Exercise: Letter from The Great Supervisor
4. Connection & Support
 - Exercise: Support Network
5. Self-Care & Revitalization
 - Exercise: Self-care self-assessment
6. Brief Self-Directed Professional Resilience Plan 7. Closing **Learning**

Objectives

1. Understand the history, causes, treatment and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver stress, countertransference, and vicarious traumatization.
2. Identify the true causes of stress in personal and professional life.
3. Learn skills for successful self-regulation of anxiety—ability to maintain parasympathetic dominance regardless of personal or professional context.
4. Develop knowledge and skills necessary to prevent the symptoms of compassion fatigue through enhanced resiliency.
5. Understand importance of other resilience skills—intentionality, perceptual maturation, connection & support, self-care & revitalization—in developing the capacity to work in toxic environments without developing symptoms.
6. Development of a 5-point self-directed Professional Resiliency Plan that can be easily integrated into professional practice and personal life.

[FFTT Professional Resilience Processing Group](#)

Helpers who have successfully completed Phase I & II of Forward-Facing® Professional Resilience Training are eligible to participate in a process group with other professionals who have expressed an interest in learning how to further develop FFTT resiliency skills to support on-going professional resilience and practice intentional living. This process group is a safe and supportive environment among care professionals that can be implemented in live and virtual group settings where we will be implementing the principles and practices of FFTT in three phases: Phase I: Education, Phase II: Intentionality, Phase III: Practice. The agenda for the four sessions is as follows:

Session 1: Introduction & Education

- ✦ Introduction to FFTT process group and of the participants
- ✦ Discussion of Tools for Hope: Perceived Threat & The ANS & Self-Regulation
- ✦ Home Practice: Covenant, Code of Honor & Identify one experience of successful self-regulation

Session 2: Intentionality

- ✦ Sharing success with self-regulation

- ✦ Brief discussion of intentionality
- ✦ Sharing of Declarations of Intention
- ✦ Discussion of breaches & triggers
- ✦ Home Practice: Complete Reactive to Intentional Worksheet for one principle.

Session 3: Practice

- ✦ Sharing a success with intentionality & sharing of shortcomings
- ✦ Discussion of narratives and change
- ✦ Home Practice: Identify successes, breaches, and triggers. Session 4: Closure
- ✦ Sharing of success with intentionality & sharing of shortcomings
- ✦ Discussion of changes over the four weeks
- ✦ Commitment for the future

Meet Our Consultant, Dr. Eric Gentry!

Trauma Clinicians, LLC has spent countless hours working hand in hand with the co-founder of ForwardFacing® Professional Resilience Training, J. Eric Gentry, Ph.D., LMHC. Through direct consultation with Dr. Gentry, Trauma Clinicians, LLC has streamlined the delivery of specialized Compassion Fatigue, Secondary Traumatic Stress, and Burnout training material while implementing training-astreatment best practices. Dr. Gentry is an internationally recognized leader in the study and treatment of compassion fatigue. His PhD is from Florida State University where he studied with Professor Charles Figley, who wrote *Compassion Fatigue: Coping with Secondary Traumatic Stress Disorder in Those Who*

Treat the Traumatized in 1995. In 1997, under Dr. Figley’s direction, Gentry developed the Accelerated Recovery Program for Compassion Fatigue with Anna Baranowsky, Ph.D., and Kathleen Dunning. The ARP has demonstrated powerful effectiveness for treating the symptoms of compassion fatigue. In 1998, Gentry and Baranowsky introduced the Certified Compassion Fatigue Specialist Training and trained thousands of professionals towards this designation since that time. Gentry has worked with hundreds of professional caregivers from Oklahoma City, New York City, and the state of Florida following their work with disaster survivors. He has published many research articles, book chapters, and periodicals on the topic of compassion fatigue treatment and resiliency. Dr. Gentry draws equally from his scientific study and from his rich history of 38 years as a professional therapist to provide this training. Dr. Gentry further developed the Forward-Facing® Trauma Therapy Process Group for care professionals establishing a safe holding environment for FFTT participants to experiment with vulnerability and transparency alongside a group of peers versus in a traditional therapist-client context.

Citations for Professional Resilience Workshop Effectiveness

1. Craigie, M., Slatyer, S., Hegney, D., Osseiran-Moisson, R., Gentry, E., Davis, S., ... & Rees, C. (2016). A pilot evaluation of a Mindful Self-Care and Resiliency (MSCR) intervention for nurses. *Mindfulness*, 7(3), 764-774.
2. Flarity, K., Nash, K., Jones, W. & Steinbruner, D. (2016). Intervening to improve compassion fatigue resiliency in forensic nurses. *Advanced Emergency Nursing Journal*, 38 (2), 147–156.
3. Flarity, K., Jones, W. & Reckard, P. (2016). Intervening to improve compassion fatigue resiliency in nurse residents. *Journal of Nursing Education & Practice*, 6 (12), 99 – 104.

4. Potter, P., Pion, S., & Gentry, J.E., (2015). Compassion Fatigue Resiliency Training: The Experience of Facilitators. *Journal of Continuing Education in Nursing*, 46(10), 1-6.
5. Flarity, K., Holcomb, E., & Gentry, J. E. (2014). Promoting compassion fatigue resiliency among emergency department nurses. *DNP Capstone Projects: Exemplars of Excellence in Practice*, 67.
6. Flarity, K., Gentry, J. E., & Mesnikoff, N. (2013). The Effectiveness of an Educational Program on Preventing and Treating Compassion Fatigue in Emergency Nurses. *Advanced emergency nursing journal*, 35(3), 247-258.
6. Rank, Zapparanick, & Gentry (2009). Nonhuman-Animal Care Compassion Fatigue: Training as Treatment. *Journal of Best Practices in Mental Health*. Spring 2009.
7. Baranowsky, Gentry, & Baggerly (2005). Accelerated Recovery Program: Training-as-Treatment. *Canadian Association of Rehabilitation Professionals*
8. Gentry, JE, Baggerly, J, & Baranowsky, AB (2004). Training-as-Treatment: The effectiveness of the Certified Compassion Fatigue Specialist Training: *International Journal of Emergency Mental Health*, 6 (3), 147-155. 9. Gentry, J.E. (2002). Compassion Fatigue: A Crucible of Transformation. *Journal of Trauma Practice*. 1(3/4) 37-61