



TRAINING WORKSHOP AGENDA

Tuesday, December 6, 2016

UJA-Federation of New York

130 East 59th Street
New York, NY 10022

8:15 - 8:50 AM **BREAKFAST AND REGISTRATION**

Room 710

8:50 - 10:00 AM **WELCOME**

Jerry Silverman, President and Chief Executive Officer, The Jewish Federations of North America

William Daroff, Senior Vice President for Public Policy & Director of the Washington Office, The Jewish Federations of North America

Shelley Rood Wernick, Director, Center for Advancing Holocaust Survivor Care, The Jewish Federations of North America

PARTICIPANT INTRODUCTIONS

Leah S. Bergen, Project Manager, Center for Advancing Holocaust Survivor Care, The Jewish Federations of North America

POEM READING

Elly Gross, Poet, Author, and Holocaust Survivor

10:00 – 11:00 AM **HELPING HOLOCAUST SURVIVORS COPE WITH TRAUMATIC CURRENT EVENTS**

Norman Blumenthal, PhD, Zachter Family Chair in Trauma and Crisis Counseling, OHEL and Director of the OHEL Miriam Center for Trauma, Bereavement and Crisis Response

11:00 – 11:15 AM **BREAK**

11:15 - 11:30 AM **URBAN ZEN**

Urban Zen will lead participants in a session of yoga therapy, Reiki, essential oil therapy, nutrition and contemplative care

11:30 AM – 12:30 PM **TRAUMA AND TRAUMA-INFORMED CARE**

Part I - How Traumatic Experiences Impact the Brain and the Body

Deborah Courtney, PhD, LCSW, MA, Professor at The City University of New York in the Health and Human Service Department

12:30 – 1:30 PM **LUNCH**

1:30 – 2:15 PM **TRAUMA AND TRAUMA-INFORMED CARE**

Part II: The Trauma-Informed Agency

Deborah Courtney, PhD, LCSW, MA

2:15 – 2:30 PM **URBAN ZEN**

2:30 – 3:00 PM **FEDERAL GOVERNMENT UPDATES**

Greg Link, Director, Office of Supportive and Caregiver Services, Administration on Aging, Administration for Community Living

3:00 – 3:45 PM **BREAKOUT GROUP CONVERSATIONS**

Rooms 706 and 708

Please join one of the following groups:

- Talking Through It: Providing Group and Individual Therapy
- Outside the Box: Engaging Survivors in Creative PCTI Treatments
- Agency Evolution: How to Become PCTI Infused

3:45 – 4:00 PM **SNACK BREAK**

4:00 – 4:45 PM **BREAKOUT GROUP CONVERSATIONS**

Please join one of the following groups:

- Teaching Techniques: Developing PCTI Trainings
- Battling Burnout: The Art of Self-Care and Preventing Secondary Trauma
- Unpacking the Kit: Making Evidence-Based Practices PCTI

4:45 – 5:15 PM

APPLYING THE LESSONS LEARNED