

SYMPOSIUM SCHEDULE AT A GLANCE



MORNING

Friday, May 19th, 9am-4:30pm

8:00-9:00am	Registration
9:00-9:30am	Welcome & Belonging
9:30-10:30am	Keynote <i>Recognizing and Holding onto Hope in Hard Places: Stories to Inspire Future Healing</i> by Chandra Ghosh Ippen
10:40am-12:10pm	Breakout Session 1 <i>Metaphors and Core Concepts to Support Trauma-Informed Care</i> - Chandra Ghosh Ippen (Sequoia B) <i>FEEL IT. SPEAK IT. MOVE IT. HONOR IT</i> - Jovonne Dempster (Sequoia A)
12:15-1:15pm	Lunch & Networking

AFTERNOON

1:15-2:15pm	Keynote <i>Storytelling As Resistance</i> by Brianna Bragg & Stephanie Roberson, The UPRISE Collective
2:30-4:00pm	Breakout Session 2 <i>Reimagine & Reclaim: Remembering Who We Are While Walking in Two Worlds</i> - Brianna Bragg & Stephanie Roberson, The UPRISE Collective (Sequoia B) <i>Powerful Play</i> - Mo Harper-Desir (Sequoia A) <i>Metáforas y conceptos para apoyar la atención fundamentada en el trauma</i> - Chandra Ghosh Ippen (Annex)
4:00-4:30pm	Closing

KEYNOTE & WORKSHOP DESCRIPTIONS



KEYNOTES

Friday, May 19th

RECOGNIZING AND HOLDING ONTO HOPE IN HARD PLACES: STORIES TO INSPIRE FUTURE HEALING

Chandra Ghosh Ippen

People often ask, isn't trauma work hard? How can you listen to stories about violence, abuse, little children who have faced so much adversity before the age of 6 without breaking down? While those of us who do this work acknowledge that the work affects the worker, it is essential that we share the more complete, complex story of what we do.

While we do bear witness to pain and shame, the stories that are written into our bodies and hearts are full of love and connection. We partner with parents who are breaking intergenerational cycles of trauma and are providing safety for children when they often grew up without this experience. We support families who are ensuring that their children are not alone with their difficult experiences, and we jointly help them make meaning of traumatic experiences so that they do not define them. We work alongside daycare providers, teachers, and other community members, and their stories show us that we are truly part of a network of grown-ups dedicated to helping young children heal and thrive.

This workshop presents stories and pictures from over 30 years of work in the field of trauma. Over the years, as our team developed, empirically validated, and disseminated Child-Parent Psychotherapy (CPP), an evidence-based treatment for young children who have experienced trauma, the children and their caregivers have taught us invaluable lessons about what young children know, what they remember, and what they need to make meaning of traumatic experiences and return to a healthy developmental trajectory. Their stories show us how we can find hope in hard places. They paint a picture of what is possible, illustrate key lessons we need everyone to understand about early childhood trauma, and help us recognize the wisdom of young children.

KEYNOTE & WORKSHOP DESCRIPTIONS



KEYNOTES

Friday, May 19th

STORYTELLING AS RESISTANCE

Brianna Bragg & Stephanie Roberson, The UPRISE Collective

We would love to use storytelling and our history to braid together the story of Indigenous folks from this continent, our Black siblings who were enslaved, and the resistance that is inherent in our very existence. We know we are more than our trauma. Often history books, medical texts, and social services only talk about our trauma. While this is an important part of our stories - we are so much more. We believe liberation and healing are possible and one modality for these is the reclamation of our histories and the retelling of our resiliency stories. By choosing to speak our truths in spaces that have been void of them for generations, we are demonstrating healing for our children and our children's children.

WORKSHOPS

METAPHORS AND CORE CONCEPTS TO SUPPORT TRAUMA-INFORMED CARE

Chandra Ghosh Ippen

This presentation weaves together metaphors, core concepts, and stories to share what we have learned through research, clinical practice, and the wisdom of children and families about trauma and trauma-informed care. Metaphors offer common language to support our understanding of the impact of trauma, intergenerational trauma, and historical trauma. Core concepts from the National Child Traumatic Stress Network will help providers recognize and consolidate central aspects of trauma theory that they can apply as they work with other children and families. Together the metaphors and concepts will help us explore responses to common questions about stress and trauma including:

- Do young children really remember traumatic experiences?
- What are common reactions to stress and trauma?
- How does trauma affect development?
- How can we partner to create healing spaces and support recovery?

KEYNOTE & WORKSHOP DESCRIPTIONS



WORKSHOPS

REIMAGINE & RECLAIM: REMEMBERING WHO WE ARE WHILE WALKING IN TWO WORLDS

Brianna Bragg & Stephanie Roberson, The UPRISE Collective

As professionals of color caring for our communities we are often pulled in many directions and called to move through two (or more) very different worlds. Indigenizing our practice calls us to remember who we are and where we came from, reimagine how our change work can happen, and reclaim the power that comes from our collective histories and healing. This activity based workshop is designed to explore the systems we operate in, and challenges us to remember, reclaim, and honor the stories that guide the change work we are engaged in. We will name what colonization has tried to take from us, recenter around collaborative practices, and engage in healing by remembering our stories. Activities will center on collective history and changemaking, storytelling, and reclaiming our power.

Take-Aways:

- Learning through storytelling how healing happens in targeted communities within change movements and change work.
- Exploring how community care has always been embedded in change work where systems are not designed to care for us, as communities of color.
- Remembering and reclaiming the gifts our ancestors gave us that give us the power as people and professionals working within our communities for change.

FEEL IT. SPEAK IT. MOVE IT. HONOR IT.

Jovonne Dempster

Let's face it. The work we do as helping professionals is emotionally exhausting. Compassion fatigue and secondary trauma are real implications of working deeply in trauma and suffering. FEEL IT. SPEAK IT. MOVE IT. HONOR IT is a method I use to assist my staff and students with managing their emotions and developing better coping skills. Warning: be prepared to get real, to get vulnerable, and to get moving. It would be an honor to have you!

KEYNOTE & WORKSHOP DESCRIPTIONS



WORKSHOPS

POWERFUL PLAY

Mo Harper-Desir

Join Mo Harper-Desir for an interactive, hands-on workshop entitled "Powerful Play". In this workshop participants will participate in ice breakers, warm ups, activities, games and learning opportunities to help adults foster youth empowerment and mindfulness, in their homes, their classrooms or schools. Participants will leave with intro to social justice information and activities and games to try out with the young people in their lives.

METÁFORAS Y CONCEPTOS PARA APOYAR LA ATENCIÓN FUNDAMENTADA EN EL TRAUMA

Chandra Ghosh Ippen

Esta presentación une metáforas, conceptos, e historias para compartir lo que hemos aprendido a través de la investigación, la práctica clínica, y la sabiduría de niños y familias sobre el trauma y el cuidado informado del trauma. Las metáforas ofrecen un lenguaje común para apoyar nuestra comprensión del impacto del trauma, el trauma intergeneracional y el trauma histórico. Nos ayudan a considerar las vías para la curación y a entender mejor cómo nosotros, como proveedores, podemos colaborar para apoyar la curación.

SPEAKERS



CHANDRA GHOSH IPPEN, PH.D.

UCSF

Chandra Ghosh Ippen is a child psychologist and award-winning children's book author. She is Associate Director of the Child Trauma Research Program at the University of California, San Francisco, co-developer of Child-Parent Psychotherapy (CPP), and a member of the board of directors of Zero to Three. She is the Director of Dissemination and Implementation for CPP and has spent the last 30 years conducting research, clinical work, and training in the area of childhood trauma. She has co-authored over 20 publications on trauma and diversity-informed practice as well as a number of children's books that translate information about trauma, attachment, and emotion regulation into story, including *Once I Was Very Very Scared*, *Holdin Pott, You Weren't With Me*, and *Mama's Waves*. Her *Trinka and Sam* disaster story series, developed in collaboration with the National Child Traumatic Stress Network, has reached over 350,000 families across the world.



STEPHANIE ROBERSON, MSW

The UPRISE Collective

Stephanie Roberson has 18 years of experience in education, nonprofit, and social change work. Stephanie has worked as a middle school teacher, K-5 school administrator, and a mental health practitioner with unaccompanied immigrant and refugee children. Stephanie's work includes the development of SixOne, a collective of middle school students across six schools in St. Louis who work to desegregate spaces and engage in policy work that is important to them, in response to the death of Mike Brown in Ferguson, MO. Stephanie is also privileged to serve on the Board for the African Youth and Community Organization (AYCO), and is a founding member of the Oregon chapter of the Association of Black Social Workers. Stephanie has engaged in grassroots policy work at the state and national level, while working and volunteering with people in hospice care, sexually trafficked youth, and youth with significant and multiple disabilities. Stephanie is an experienced teacher and facilitator with respect to restorative justice, decolonizing spaces, equity and liberation work, and culturally humble curricula and instruction. Stephanie has undergraduate degrees in International Business and Romance Languages and Literatures, a graduate degree in Social Work with a certificate in Human Services Management, and is bilingual in English and Spanish. Stephanie is a woman of color with light skin privilege who loves to garden and to roll around on the floor with her baby boy.

SPEAKERS



BRIANNA BRAGG, MSW

The UPRISE Collective

Brianna C Bragg (they/she), Ihanktonwan Nation, is a Co-Creator at The UPRISE Collective. Brianna is a fat, queer, two-spirit, biracial womxn who roots her work in relationship, with liberation and healing as the goal. Brianna has over 15 years in professional early childhood education, social services, and advocacy. She was born and grew up on the stolen and occupied lands of the sovereign Salish and Duwamish people. They are the eldest of over 20 first cousins, where they learned early on the value of childhood, education, and community. Brianna has worked as a Montessori Teacher, Nanny, Family Advocate/Home Visitor, Sexual Assault Crisis Responder, Early Childhood Policy Advocate and Therapist for folks that live outside. She has spent her post-graduate experience as a clinician and in community organizing work within the Houseless, Indigenous, and QTPOC communities. Brianna is dedicated to the eradication of oppressive systems utilizing the means of community organizing, civil disobedience, and structural policy shifts. She believes strongly in the need to approach oppressive and inequitable situations with a both/and mindset, looking at these restructure opportunities with a wholist, relational worldview. Brianna works to demystify systems and flatten hierarchical structures so they are accessible, and useful to the people while working on the preservation, reclamation, and uplifting of traditional practices and ways of knowing. They have two undergraduate degrees from Portland State University in Social Science (Womxn's Studies & Sociology) and Child & Family Studies (Early Childhood Education) and a Masters in Social Work (Policy, Leadership, and Community Organizing). They love to read, write, grow their own food, cook for the community, bead, crafting of any kind, and a good road trip. Brianna stays grounded with the help of her partner, her two tiny dogs, and her chosen family.

SPEAKERS



JOVONNE DEMPSTER, MSW

Jovonne Dempster, MSW currently resides in Phoenix, AZ where she is the Director of Social Emotional Learning and Social Worker at a Charter School that serves grades 7-12. Jovonne received her Masters of Social Work degree at Cal Poly Humboldt and spent 12 years working in and serving Humboldt children and families. Her experience ranges from Child Welfare Services social worker, Service Coordinator with adults with developmental disabilities, School Social Work, and investigating allegations of elder/dependent adult abuse with Adult Protective Services. Jovonne continues to stay connected to Humboldt County as a lecturer in Cal Poly Humboldt's Social Work distance learning program.

Although Jovonne enjoys direct work with clients, her true passion is community work. This will be Jovonne's third time offering her energy and time to the Children's Mental Health Summit and Counting on Community Symposium as our Holder of Space.



MO HARPER-DESIR

Mo HD Creates

Mo Harper-Desir, Mo, is a first generation, Queer arts activist from Western MA. Working across the country to provide arts based creation, education and services for community growth. Mo is a mother to 2 free brown boys and considers herself a caretaker to her community. Mo has been dedicated to social justice & arts based education for over 15 years and implements her experiences as a marginalized identity and an artist to build meaningful curriculum, professional development and learning moments of play. You may also recognize Mo from her work with Humboldt County organization Black Humboldt or Access Humboldt and her micro business Mo HD Creates. As an artist Mo actively creates using Multimedia Visual Arts, Hip-Hop, Hip Hop theater, Dance and Poetry. Mo values free speech, inclusion/equity, education, open communication and Black Joy!