

PTSD AND TRAUMA INTEGRATION

DESCRIPTION:

Research now shows that PTSD is in the head – the traumatized brain is remarkably different than it was prior to the trauma. Attention, perception, and memory are radically altered in the fear-based brain. Recovery measures that focus on re-setting the emotional brain to respond appropriately to danger and to recover its capacity to experience safety and relaxation have been found to be the most effective. Resetting the brain includes developing self-compassion, awakening parts of the body where memories are stored, transforming the brain by installing new “software,” and cultivating honesty, courage, and humility to do the work of recovery. Join Deborah Grassman, ARNP, author of *Peace at Last: Stories of Hope and Healing for Veterans and Their Families* and *The Hero Within: Redeeming the Destiny We Were Born to Fulfill*, for a presentation that will provide you with a newer, keener insight into the aftermath of trauma.

PROGRAM DETAILS:

This educational program is a live multimedia presentation by expert Deborah Grassman, ARNP that will include: PowerPoint, didactic presentation, music slide shows, clinical application via antidotal storytelling, self-awareness exercises, and questions and answers.

DATES AVAILABLE: through December 31, 2019

LENGTH: 4-hour live presentation at individual viewing locations

CEs: 4 hours for a wide variety of professional boards

CE FEE: \$36.00

TARGET AUDIENCE: Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments; Victims of sexual assault, crime, accidents, natural disasters, bullying, abuse, neglect; People who have experienced heartache, loss of personal health or a loved one’s health, death of a loved one, or betrayal by a significant other; Veterans, families of veterans, civilians who experienced a war zone, first responders & their families; Personal and professional caregivers vulnerable to “compassion fatigue” and “secondary traumatic stress disorder;” and Professional caregivers who want to learn how to assess and respond to PTSD with their clients.

PROGRAM FEES:

Organizations

Organizations may register to sponsor one of the certified experts (listed below) to travel and speak at their organization for this live presentation (alone or in combination with one or more additional courses). For more information, please visit <http://www.opuspeace.org/presentations>.

Organization Rates:

The speaking/consultation fee for the certified experts are as follows.

For expert Deborah Grassman, MSN, ARNP:

\$2,500 for the first day. The fee is the same no matter what services you choose or how many. Each additional day of speaking is \$2,000.

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Traveling expenses. Travel expenses include airfare, hotel, ground transportation, mileage to and from Tampa airport (\$46), \$50/day per diem, and \$75 to her administrative assistant (to handle all communication/travel processes). If Deborah Grassman uses her own car to drive to a facility, there is a 50 cent/mile charge. Hotel reservations should also be arranged and provided for Deborah Grassman. If there are unexpected traveling expenses incurred due to circumstances

beyond Deborah Grassman's control (for example, weather conditions causing overnight flight delays), you will be liable for the additional expense.

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Conference fees: If Deborah is speaking at a conference that charges a fee, her attendance (and anyone who may be traveling with her) is to be complimentary.

For expert Angela Sipe, MJ, CHPCA:

\$1,500 per day. The fee is the same no matter what services you choose or how many.

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Traveling expenses. Travel expenses may include airfare, hotel, ground transportation, mileage, and per diem fees. Contact Opus Peace for specific details.

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Conference fees: If Angela Sipe is speaking at a conference that charges a fee, conference fees will be complimentary, as well as for anyone who may be traveling with them.

For one of the following certified experts:

Stephanie Turner, RN

Abi Katz, DO

Catherine Tye, RN

Kathleen A. Bixby, RN

Leann Thrapp, RN, MA, CHPCA

Ralph Ozmun

Rev. John Drinkard

Sue Gipson, RN, CHPN

Kathleen Stilling Burkhart, MSN, APN-C, FAANP

\$500 per day. The fee is the same no matter what services you choose or how many.

+

The certified expert's traveling expenses. Travel expenses may include airfare, hotel, ground transportation, mileage, and per diem fees. Contact Opus Peace for specific details.

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Conference fees: If the certified expert is speaking at a conference that charges a fee, conference fees will be complimentary, as well as for anyone who may be traveling with them.

Organization Refund Policy: There are no refunds on organizational sponsorship for this course.

*If an individual would like information on which organizations are sponsoring this course in their state (so they may attend a presentation in their area), they may contact HFA at 800-854-3402 or they may contact Opus Peace at 727-755-4265.

HOW TO REGISTER:

Organizations who wish to sponsor this program at their own location should contact Opus Peace on their website at <http://www.opuspeace.org/contact>.

*Individuals who wish to attend one of these events can contact HFA at 800-854-3402 or contact Opus Peace at 727-755-4265 to find a viewing presentation/location in their area. They will then register directly with that organization. *Fees charged to individuals may apply and will differ between locations.*

LEARNING OBJECTIVES:

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

- Verbalize the relevance to PTSD of the brain circuitry – especially the amygdala, as well as the “Me” brain

- Contrast pre-trauma brain behaviors with post-trauma brain behaviors
 - Distinguish “re-living” vs. “re-visiting” memories and their relationship to being re-traumatized by memories vs. integrating memories
 - Verbalize the role that helplessness plays in the formation and activation of PTSD
 - Cite evidence for what helps and what does not help PTSD
 - Identify at least 6 interventions that help re-vitalize resilient areas of the brain
 - Identify “secondary traumatization” and how lack of support contributes to PTSD
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PROGRAM OUTLINE:

- I. Definition of PTSD using DSM criteria, review of 3-brain circuitry, relevance of the amygdale with fear-based responses, role of the “Me” Brain (Anterior and Posterior Cingulate, Medial Prefrontal Cortex, Orbital Prefrontal Cortex, and Insula) to restore more normal brain functioning (60 minutes)
 - II. Post-trauma brain functioning, memory-storage alterations, “sequencing center” abnormalities, relationship dysfunction, re-living vs. re-visiting (60 minutes)
Break
 - III. Factors influencing the development of acute and chronic PTSD, role of helplessness to fight/flight, influence of helplessness at the end of life, impact of PTSD on family members, secondary traumatic stress disorder in healthcare providers, “secondary wounding” (60 minutes)
Break
 - IV. Neuro-plasticity of the brain, “installing new software” to alter disrupted brain patterns, research about what helps/does not help PTSD, somatic body therapies, trigger management, physiological effects of laughter and play, exercises to promote re-integration of trauma (60 minutes)
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CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 4 hours of CE credit. The CE cost is \$36 per certificate. CE credits are available until December 31, 2019.

A complete list of board approvals for this program is posted to Opus Peace’s website at www.OpusPeace.org.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 4-hour presentation. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline of December 31, 2019. (In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America’s list of board approvals*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA’s CE site at educate.hospicefoundation.org).

* A complete list of board approvals for this program is posted to Opus Peace’s website at www.OpusPeace.org

EXPERT INSTRUCTORS:

Instructors will teach course independently (only 1 certified expert will train each live course)

Deborah Grassman, ARNP, is founder of *Opus Peace*, a non-profit (501(c)3 organization whose mission is to provide education and training programs that respond to *Soul Injury*. A Nurse Practitioner, Deborah worked for the Department of Veterans Affairs Bay Pines VA Healthcare System for 30 years, directing the Hospice & Palliative Care program and caring for 10,000 dying veterans. She is a contributing author for three textbooks; has 22 published articles, and there are three documentary films featuring her work. Her books, *Peace at Last: Stories of Hope and Healing for Veterans* and *The Hero Within: Redeeming the Destiny We were Born to Fulfill*, reveal the lessons learned about attaining inner peace, and ironically, these lessons have come from people trained for war. Her books are used in book communities across the country to foster personal growth. She has collaborated with national, state, and local organizations to advance the concepts of *Soul Injury* and Veterans' unique needs at the end of life through education and training. Deborah is most well known for being the first to identify the unique needs of Veterans. Her work played a key role in establishing the national Hospice-Veteran Partnership and the We Honor Veterans programs, both of which are collaborative efforts between VA and the National Hospice and Palliative Care Organization (NHPCO). In 2002, she introduced "pinning ceremonies" to honor dying Veterans, a ceremony that has become standard practice in hospices and long-term-care facilities throughout the nation. She has expanded that ceremony to include a *Fallen Comrades* ceremony that honors Veterans and First Responders who have survived war, trauma, and violence. Additionally, Deborah's *Soul Restoration* caregiver ceremony is now being utilized by healthcare organizations throughout the country to address the unmourned losses that healthcare providers sustain on a daily basis. Deborah directs the *Opus Peace* institute where leaders are trained in how to provide programs that respond to *Soul Injuries*.

Stephanie Turner, RN, works for the Kansas City Hospice and Palliative Care as an After Hours Case Manager. She also has 15 years experience working as a Critical Care nurse in a large Medical Center in Kansas City. She volunteers her time in many various organizations across the city. She serves as the Intern Coordinator at the Opus Peace Institute.

Abi Katz, DO, is a physician functioning in the role of Medical Director of Advanced Illness Management at Premier Healthcare System of Ohio. She has been responsible for developing a clinical and operational model for managing high-risk, high cost populations for the hospital network and community. She has been part of the team for developing the concept of Soul Injury, including the development of a Soul Injury Awareness tool for self-assessment.

Catherine Tye, RN, RN is an Occupational Health (OH) Advisor, Safety Consultant & trainer in the United Kingdom. She provides predominantly nurse-led OH (attendance management, management referral, health screening & surveillance including substantial remote telephone-based and face to face case management for complex sickness absence (including post-operative, mental health and MSD-related) and on-employment screening issues.

Kathleen A. Bixby, RN, A former Army nurse, Kathy currently serves Veterans at the Washington DC VA Medical Center. Her nursing career spans 38 years, and includes tours in critical care, oncology, geriatrics, and hospice and palliative care. Kathy is a seasoned palliative care educator, Reiki Master, Caritas Coach, Nurses Improving Care for Healthsystem Elders (NICHE) facilitator, and HeartMath trainer with interests in communication, expressive and healing arts, spirituality in healthcare, and the integration of whole health and wellbeing into person-centered care.

Leann Thrapp, RN, MA, CHPCA, is the Executive Director of WesleyLife at Home in West Des Moines, Iowa. She has a Bachelor of Science In Nursing, Master of Arts in Organizational Management and is a Certified Hospice and Palliative Care Administrator. Since she was a Certified Nursing Assistant at age 16, she has devoted her life to helping people develop naturally healthy attitudes toward death and dying. She had the privilege of helping care for Elisabeth Kubler-Ross in her later years.

Angela Sipe, MJ, CHPCA, is the Executive Director of Opus Peace Non-profit Organization, providing leadership, direction, and administration of programs and services related to Soul Injury. She has a BA degree in Psychology and a M.J degree in Health Law.

Ralph Ozmun, was a Vietnam Naval Aviator and has recently retired from Smoky Mountain Home Health and Hospice as the Director of Volunteers. He is an avid advocate for helping people alleviate the pain of *Soul Injury* and is a featured speaker on Soul Injury, including providing the keynote address at the PTSD Conference in Canada on the subject.

Rev. John Drinkard, is an Interfaith Minister ordained in a multifaith church that accepts and honors all religions and spiritual traditions as valid pathways for connecting with the Divine. He is a Pastoral & Bereavement Counselor serving as a Hospice Chaplain at the Karen Ann Quinlan Hospice in Newton, NJ. John is a Vietnam Veteran, a former Marine Corps officer and Naval Aviator who served as a helicopter pilot in Vietnam. He leads retreats for Soldier's Heart, a program for Veterans who are suffering from the trauma and invisible soul wounds of war.

Sue Gipson, RN, CHPN, is the Business Development Sales Manager for SouthernCare/Avalon for the states of Indiana and Illinois. She is a CHPN certified nurse with 30 years experience. She is married to a Vietnam Veteran and is an advocate for promoting well-being with families of Veterans. She is President of the Hospice Veteran Partnership of Indiana.

Kathleen Stilling Burkhart, MSN, APN-C, FAANP, is an Adult/ Geriatric Nurse Practitioner specializing in –Home Based Primary Care and Rural Health working at the Department of Veterans Affairs in Lyons, NJ. She is a certified Health and Wellness Coach. She is a dedicated, committed nursing professional who is motivated, friendly, and passionate about the VA mission to provide the very *best* health care experience for our Veteran population . As an Opus Peace Ambassador she is so excited to be able to liberate unmourned loss and unforgiven guilt within and beyond the VA walls.

PROGRAM REVIEWERS:

*Deborah Grassman, ARNP
*Patricia McGuire, RN, BSN, C
+Mitzi Butler, LCSW
Abi Katz, DO, MS, HMDC
*Leann Thrapp, MA, BSN, RN, CHPCA
*Marie Bainbridge, RN
*Angela Snyder, RN, MSN, MHA
*Catherine Tye RN, SPOH
*Kathleen Bixby, RN, MSN, CHPN
*Sue Gipson, RN, CHPN
*Stephanie Turner, RN
*Kathleen Stilling Burkhart, MSN, APN-C, FAANP
Rev. John Drinkard
Angela Sipe, MJ, CHPCA

*Nurse Reviewers
+Social Work Reviewer

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):

This is based on individual viewing location(s). For program organizers, please post all ADA instructions when advertising the program.

CONFLICT OF INTEREST:

Planners (Panelist and Program Reviewers) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

CONTACT INFORMATION

Hospice Foundation of America
1707 L Street NW, Suite 220
Washington, DC 20036
educate@hospicefoundation.org
1-800-854-3402 toll-free
(202) 457-5811 phone
(202) 457-5815 fax

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Hospice Foundation of America

End-of-life Care Resources for Professionals and the Communities they Serve



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