



RAMEY-ESTEP



### **Working Together to Heal Trauma: A Training Opportunity for Community Partners**

Healing TREE is convening a two-part training series on Eye Movement Desensitization and Reprocessing (EMDR) Therapy, a leading, evidence based, brain body focused trauma treatment modality for Ramey-Estep Homes and Face It Partner organizations at the Children's Alliance. The training is being presented by Amber Stiles-Bodnar, MSEd, LPCC-S, LCDC III, Senior Faculty member with the Institute of Creative Mindfulness. Amber is a Supervising Professional Clinical Counselor (LPCC-S) and Licensed Chemical Dependency Counselor (LCDC III) in the state of Ohio. Amber works at Homes for Kids, Inc. as a trauma expert, assisting with special projects, program development, and integrating trauma informed care standards throughout the agency. As the former Supervisory of Foster Care, she has extensive experience treating and overseeing the treatment of children and families.

The two-part training is being funded in part by a generous grant from the Victims of Crime Act (VOCA) and the continued support of Kosair Charities® Face It Movement. Upon completing the training, 29 therapists from Ramey-Estep Homes and 9 therapists from Face It Partner organizations at the Children's Alliance will have received 52 hours of training in Eye Movement Desensitization and Reprocessing (EMDR) Therapy including supervision and consultation. This is the second time this Healing TREE is coordinating this training, which is expected to impact approximately 1,900 more children in Kentucky's foster care system, 95% of whom are below the poverty level.

Last year's training brought unbelievable, record-breaking results. Therapists gave their initial impressions after Phase 1 of their training which was held February 10 – 12, 2020 at Ramey-Estep Homes in Rush, Kentucky. The second Phase 1, training the remaining 14 out of 29 therapists from Ramey-Estep Homes, will be held May 20 – 22, 2020. Phase 2 for all 38 therapists will be held in October 2020. Initial feedback from Phase 1 included: "I've spent years in therapy trying to process a traumatic memory. During this training, a fellow trainee helped me fully process through this memory for the first time. I look forward to using this life-changing technique for years to come as a therapist for Maryhurst Renewal." "This is an invaluable training that has completely changed my perspective on trauma informed care. I feel this should be essential for all graduate level mental health professionals. It has opened my mind to feeling the same vulnerability that clients feel every day and this experience could not be achieved by any other therapy means." "This training was incredible! It was such an amazing experience witnessing first-hand how EMDR creates space for healing and hope. EMDR is equivalent to the cure for 'emotional cancer.'" "I LOVED the psychoeducation of the brain and learning the neuroscience of trauma. I felt supported by the trainers and I KNOW this will assist me in helping clients in complex trauma. GREAT experience for my own clinical knowledge. A huge bonus is I was given the

space to work through my own personal experiences with trauma to allow me to see the world from the client's perspective in receiving EMDR." "I was so excited to learn about EMDR. I have so many clients that can benefit, some that are 'stuck' and talk therapy has failed to move on. Perhaps the most surprising part was practicum being the client – being older, I would not have said I had memories from many years ago that would be part of a current 'theme'. However, there were! I am excited to start Part 2!" "Wow! What an amazing and powerful training. I've heard a lot about EMDR and my first experience with it during this training was so healing. I've had a burden that I've been carrying with me since childhood and during the reprocessing phase, this weight was lifted from my shoulders. I was literally able to feel this burden lift from my shoulders and experienced a physical sensation in my body. Very much looking forward to being able to incorporate this into my sessions with clients because I 100% believe in this therapy." "EMDR training was transformative both for me personally and for its potential use in my ongoing work with traumatized at risk youth in a residential setting. I am so excited for my clients to be able to experience the unburdening and freedom I felt through EMDR."

**About Healing TREE:** Healing TREE (Trauma Resources, Education & Empowerment) is dedicated to transforming how society responds to abuse and interpersonal trauma. Healing TREE connects those who have suffered trauma with resources necessary for healing rather than coping, provides education to professionals across fields and the public at large that promotes awareness, effective intervention and cutting edge treatment and offers empowerment through producing arts projects that encourage a healing movement. As the ACE (Adverse Childhood Experiences) Study shows, childhood trauma can be the root cause of mental and physical illness, homelessness, domestic violence, addiction, and suicide later in life. This initiative brings training in a leading trauma treatment modality to clinicians serving children in Kentucky, helping achieve Healing TREE's goal of making healing from trauma the new normal and serving those who need it most. Learn more at [www.healingtreenonprofit.org](http://www.healingtreenonprofit.org). Follow us on social media at Facebook.com/healingtreenonprofit.org and on Twitter and Instagram at @healingtreeorg.

**About Ramey-Estep Homes:** Ramey-Estep/Re-group is a family and child service organization located in Boyd County, Kentucky. They serve their local community and the entire Commonwealth of Kentucky through a variety of services. These services include residential treatment for young men and women, treatment foster care, outpatient and school-based mental health services, and substance use treatment.

**About Children's Alliance:** The Children's Alliance is a member association comprised of over 35 member agencies who provide child welfare and behavioral health services for Kentucky's most vulnerable and at-risk children and families. The Children's Alliance's mission is to improve the well-being of Kentucky's at-risk children and families by shaping public policy and enhancing member agency programs. For more information, visit <http://www.childrensallianceky.org/>.

**About Face It:** The Face It® Movement launched in 2013 as an initiative led by Kosair Charities in response to the number of child abuse deaths in the Commonwealth. Face It focuses on a three-pronged approach to addressing child abuse and neglect: promote best practices in child abuse prevention and intervention, build awareness and engage the community, and advocate

for effective policies to improve the child welfare system. Learn more at [www.faceitabuse.org](http://www.faceitabuse.org) .  
Follow us on Facebook and Twitter at @faceitabuse.