

# Crossroads of Iowa

a not-for-profit organization

*...develops fine programs & classes that enhance the potential of life.*

The long-range mission of **CROSSROADS OF IOWA** is to reduce recidivism, through a residential immersion program for women ex-offenders who have completed treatment for substance addiction. The prevalence of trauma, abuse, & depression among this population of women is extremely high.

## REGISTRATION:

Online: [www.crossroadsofiowa.org](http://www.crossroadsofiowa.org)

Seminar tuition is payable through the yellow DONATE button there

By Phone: 515-633-7968

Mail: Send your name, address, email and phone number (to notify you of seminar changes), along with tuition, payable to:

**CROSSROADS OF IOWA**  
**2815 100th Street #111**  
**Urbandale, IA 50322-3860**

Tuition \$100 or \$85 if postmarked by Friday, January 22, 2021.

All tuition must be prepaid. Confirmation by e-mail.

Walk-ins welcome, cash only, space-available basis.

CEU Certificates are \$7.00 payable to NASW at the event

Grand View University, Student Center  
2811 E 14<sup>th</sup> St

Des Moines, IA 50316-1461

8:30-8:55 AM check-in, program begins at 9:00.

Coffee breaks provided (lunch on your own), free parking.

NASW has determined that this program meets the criteria of the Iowa Board of Social Work for 5.0 hours of continuing education. Other professionals who believe this programming meets the requirements of their licensure board purchase a CEU certificate.

# Crossroads of Iowa



Presents...

## 8th Annual TRANSCENDING TRAUMA Seminar

Friday, January 29, 2021



## TRANSCENDING TRAUMA

In the US, one person in twelve is diagnosed with chronic PTSD, and many more live with aftereffects of trauma.

One theory is that trauma overwhelms our natural coping mechanisms, leading to chronic distress. This seminar brings together the most effective known therapies for restoring that natural balance, presented by highly skilled local experts. As always, the focus is on the diverse potential for transforming trauma into meaning and depth.

*Both professionals and the community at large can anticipate exceptional benefit from this seminar.*

### Programs:

- ◆ Symptoms of PTSD in Tots, Teens, and Everything In Between  
[Jolene Philo, Educator, M. Ed](#)
- ◆ Relationship Therapy in Trauma Treatment  
[Jeffrey W. Kramer](#)
- ◆ Unrelenting: The Trauma of Perpetual Racism on Black People  
[Billie Wade, MS](#)
- ◆ Trauma in Grief: Life After Loss and Pathways to Resilience  
[Claire Mraz](#)

[Jolene Philo](#) is the parent and daughter of loved ones with special needs and disabilities. She is a former educator who created inclusive classrooms for all learners for 25 years. She's the author of several books about caregiving, special needs parenting, and childhood PTSD, including *Sharing Love Abundantly with Special Needs Families: The 5 Love Languages® for Parents Raising Children with Disabilities*, which she co-authored with Dr. Gary Chapman. Her award winning blog, [www.DifferentDream.com](http://www.DifferentDream.com), provides encouragement and resources for caregiving families. Jolene and her husband live in central Iowa.

[Jeffrey W. Kramer](#) is a licensed mental health counselor with more than 30 years of experience. Jeffrey worked at Eyerly Ball for more than 16 years before starting his private practice in 2015. Jeffrey specializes in providing therapy to survivors of trauma/abuse, individuals with borderline personality disorder, gay, lesbian, transgender, nonbinary and other sexually diverse individuals, and in providing relationship therapy.)

[Billie Wade, MS](#) is a writer, journaling class instructor, and writing coach. She seeks to be a resource and support for people in their recovery from emotionally traumatic experiences. A former alcohol and drug therapist, her unique blend of innate abilities, education, and experiences place her in an ideal position to meet people where they are and hold them lightly.

[Claire Mraz](#) is the Program Coordinator at EveryStep Grief & Loss Services, Home of Amanda the Panda. A 2014 graduate of the University of Iowa where she earned a Bachelor's of Arts in Gender, Women's, and Sexuality Studies and Communication Studies, Claire has dedicated her professional career to building and delivering trauma-informed support programming to various communities within and around the Des Moines area.

### Presenter's statement of goals/objectives:

- ◆ Learn how traumatized children present symptoms of PTSD.
- ◆ Sort childhood behaviors into the DSM's three PTSD symptom categories.
- ◆ Participants will be able to identify how PTSD symptoms can negatively impact relationships
- ◆ Participants will be able to identify two or more advantages to combining relationship therapy with individual therapies for PTSD.
- ◆ Participants will gain insight into the deeply entrenched organism of racism.
- ◆ Participants will learn approaches they can use to help clients or to grow in their own lives.
- ◆ To increase awareness of the variety of ways grief can be experienced as trauma and highlight tools for resiliency-building that can support healing after trauma associated with death.

[www.CROSSROADSOFIOWA.org](http://www.CROSSROADSOFIOWA.org)