

Crossroads of Iowa

a non-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.

"I have never met anyone struggling with addiction who did not carry a strong trauma history." David Grand, Ph.D.

REGISTRATION:

ONLINE:

Seminar tuition is payable through the DONATE Paypal button www.crossroadsofiowa.org.

MAIL:

A check payable to Crossroads of Iowa, 2815 100th St. Suite 111, Urbandale, IA 50322

Registration \$100 or \$85 if postmarked by Friday, January 21.

All tuition must be prepaid.
Confirmation by email.

LOCATION:

Grand View University, The Student Center,
Check-in 9:00 a.m.—9:15 a.m.

Program begins at 9:15 a.m. and concludes at 4:20 p.m.

Coffee breaks provided. (Lunch on your own in the Grand View University Dining Room), free parking
Walk-ins welcome, cash only, space-available basis.

Masks required.

Spacing within the classroom one seat apart.

Crossroads of Iowa



Presents....

Ninth Annual Community Seminar TRANSCENDING TRAUMA

Sponsors:

**Broadlawns Hospital, Marcy's Law,
and Iowa CASA**

Register Early
SAVE \$15

For the Helping professions,
And for Survivors of Trauma

Friday, January 28, 2022

TRANSCENDING 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 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.

The Programs:

- ♦ An Introduction to Eye Movement Desensitization Reprocessing (EMDR)
- ♦ Grounding, Grieving, Growing Steps for Recovery from Trauma
- ♦ Stella Ganglion Block (SGB) - An Extensive History Validated by Research, Shauna Springer, Ph. D.
- ♦ Healing Trauma Through Yoga, Eric Daishin McCabe

Seminar Objectives:

- ♦ Gain a basic understanding of the Adaptive Information Processing Theory of EMDR Therapy
- ♦ Grieving steps that help people to say “good-bye” to old trauma, bring closure, let go and move forward with greater wisdom
- ♦ Discuss research findings on the efficacy of Stella Gonglion Glock (SGB)
- ♦ Experience the practice of Trauma Center Sensitive Yoga (TCSY)

Lindsey Olsen, MS, LMFT, is a Licensed Marriage and Family Therapist. Her private practice is Alliance Therapy and Counseling Services, LLC, located in West Des Moines, IA, where she specializes in complex trauma, PTSD, and has a special interest in treating Dissociative Disorders. Lindsey is also a facilitator for EMDR Consulting, where she provides consultation and training for therapists. Lindsey is an EMDRIA Certified Therapist and EMDRIA Approved Consultant.

Heidi Vermeer-Quist, Psy.D., is a licensed clinical psychologist with over 20 years of clinical, teaching and consulting experience. One of her core passions is to serve the Christian church with best practices of psychology. Heidi earned her Doctorate in Clinical Psychology from Wheaton College in 2002 and helped establish and build the Pine Rest Des Moines Clinic. Heidi and her husband, Chad Quist, transitioned the Pine Rest Des Moines Clinic to Heartland Christian Counseling in 2018. She has provided psychological assessment and psychotherapy to people struggling with depression, anxiety, relational conflicts, trauma recovery, unresolved grief and adjustment, and personality disorders. In addition to her clinical training, Heidi has obtained specialized training and extensive experience in Organizational Psychology and Family Business Governance. She released two books of a three-book personal growth series called Gardening Your Life. The first book, *Grounding*, and the second book, *Grieving*, are workbooks (ideal for small groups).

Shauna Howarth Springer, Ph.D., is a Licensed Psychologist known for pop-culture and mainstream insights in psychology and interpersonal relationships, affecting all people, originating from what she has gleaned from two decades of work at the extremes. She is one of the world’s leading experts on Trauma, Close Relationships, and initiatives that impact the veteran community; co-host of a weekly podcast for Military Times; is sought by media outlets for interviews and invited articles on NPR, NBC, CBS Radio, Forbes, Business Insider, Thrive Global, US News and World Report, Washington Post, and Military Times; is a regular contributor to Psychology Today with blog hits over 1.85 million. Education: Doctorate of Psychology (Ph.D.), University of Florida Counseling Psychology Program, Gainesville, FL (APA Accredited)

Eric Daishin McCabe, Master of Divinity Equivalency, trained for 15 years in Zen Buddhist temples under the guidance of several teachers, both in the US and Japan, as well as Ven. Thich Nhat Hanh. He is a certified Soto Zen priest recognized by the Soto School in Japan as an “International Teacher.” Eric began noticing the benefits of mindfulness practice for healing trauma when he facilitated yoga and Zen meditation at a drug and alcohol rehab. At present, he offers Trauma Sensitive Yoga at Mary Greeley Medical Center and Broadlawns. He teaches World Religions at DMACC and offers Soto Zen teachings through Zen Fields Inc. Eric has authored a chapter in Emodied Healing: Survivor and Facilitator Voices from the Practice of Trauma Sensitive Yoga, edited by Jenn Turner, and in Dharma Gates are Boundless, edited by Tonen O’Connor. He is co-facilitator at Trauma Sensitive Yoga of Ames, 923 Burnett Ave, Ames, IA.