Trainings & Workshops.
Support & Therapy Groups.

Examples of Trainings and Workshops

2020 (planned for early 2020)

- Working with Clients Recovering from Mental Illness: Minimizing Burnout, Secondary Trauma and Compassion Fatigue Personally and in Our Workplace | Touchstone Mental Health Annual Conference, Minneapolis, MN

2019

- Through the Lens of Oppression and Privilege: Minimizing Helping Professional Political Trauma Stress, Vicarious Trauma, Compassion Fatigue and Moral Injury | MN LGBTQ+ Therapists Network state conference titled: Juggling Privilege with Political Trauma Stress: When Our Clients’ Trauma and Oppression Do and Do Not Mirror Our Own: Current Issues Facing LGBTQ+ Muslims and Gender Expansive BIPOC

- Working in an In-patient Hospital Setting: Minimizing Helping Professional Stress, Secondary Trauma, Burnout and Compassion Fatigue | Regions Hospital | St. Paul, Minnesota

- Working with Isolated Parents and Children in Underserved Communities: Minimizing Helping Professional and Educator Stress, Burnout and Compassion Fatigue | Way to Grow Minneapolis


- Working with the Deceased and Their Families: Minimizing Burnout, Secondary Trauma, Critical Incident Stress and Empathy Fatigue | Anatomy Bequest Program Annual Retreat University of MN – Twin Cities

- When We White Helping Professionals Work with People of Color: Mixing Good Intentions, Good Practices and White Privilege (Provided two times at The Well: Healing Arts Center, Minneapolis MN)

- Our Caring Can Hurt Us: Minimizing Stress, Burnout and Compassion Fatigue. Self-care is More than Baths & Chocolates (Provided to the general helping and medical professional community four times at The Well: Healing Arts Center, Minneapolis MN)

2018

- Our Caring Can Hurt Us: Minimizing Stress, Burnout and Compassion Fatigue. Self-care is More than Baths & Chocolates (Provided four times to the general helping and medical professional community at The Well: Healing Arts Center, Minneapolis MN)

- When We White Helping Professionals Work with People of Color: Mixing Good Intentions, Good Practices and White Privilege (Provided 13 times at The Well: Healing Arts Center, Minneapolis MN)

- Affirming the Rainbow Alphabet: An Overview of Needs of People Who Identify As LGBTQ+: A Workshop for Trauma Informed Helping Professionals | State Conference for Headway Golden Valley
• Maintaining a Strong Relationship While Parenting: For LGBTQ+ & Our Socially Conscious Allies | The Well: Healing Arts Center, Minneapolis

• Survivors of Domestic Violence: Self-care, Secrecy and Safety When We Stay | The Well: Healing Arts Center, Minneapolis

• Political Trauma Stress (PTS) for LGBTQ+ Therapists: Managing Vicarious Trauma | MN LGBTQ+ Therapists’ Network Symposium, Minneapolis MN

• For White People: Our White Privilege and White Allyship - Ally is a Verb | The Well: Healing Arts Center, Minneapolis

• Follow-up Cohort Training to "White Allyship" and "White Helping Professionals" 2018 Workshops | The Well: Healing Arts Center, Minneapolis

• LGBTQ+ Relationships: Connection and Communication Through Differentiation: Workshop for Socially Conscious Humans | All day training Walker Community Church, Minneapolis

• Healing Queer Bodies Telling Queer History | Walker Library Minneapolis

• Working with Diverse Students in a University Setting: Minimizing Helping Professional Burnout and Compassion Fatigue | Office of Undergraduate Education University of MN – Twin Cities Campus

2017

• When We White Helping Professionals Work with People of Color: Mixing Good Intentions, Good Practices and White Privilege | Half Day workshop, at The Well: Healing Arts Center, Minneapolis

• Political Trauma Stress, Oppression Fatigue, Radical Self-Care and Healing Justice: Turn Anxiety, Fear and Anger into Connection, Wellness and Resistance | Pre-Conference Institute – BECAUSE Midwest Bisexuality Conference, Metropolitan State University, St. Paul, MN

• Our Caring Can Hurt Us: Minimizing Burnout and Compassion Fatigue While Enduring Political Trauma Stress | Headway Emotional Health Services, Annual Conference, Golden Valley, MN

• Addressing Stress, Burnout, Secondary Trauma and Compassion Fatigue for Medical Health Professionals | Half day Training for staff at Anatomy Bequest Program, University of Minnesota-Twin Cities

• Political Trauma Stress: Turn Anxiety, Fear and Anger into Connection, Self-Care, Wellness and Resistance | Half Day Workshop presenter at The Well: Healing Arts Center, Minneapolis

• Professional & Personal Self-Care: Addressing Political Trauma Stress, Burnout, Compassion Fatigue and Oppression Fatigue for LGBTQA+ Helping Professionals | Half Day Training at The Well: Healing Arts Center, Minneapolis

• Assessing and Reducing Compassion Fatigue, Burnout and Self-Care for Mental Health and Social Service Folks | Half Day Workshop presenter at The Well: Healing Arts Center, Minneapolis

• LGBTQA+ Relationships with Kids Workshop: Maintaining A Strong Relationship While Parenting | Full Day Workshop presenter at The Well: Healing Arts Center, Minneapolis

• LGBTQA+ Relationship Workshop: Balancing Your, My and OUR Relationship’s Needs: Full Day Workshop presenter, at The Well: Healing Arts Center, Minneapolis
• Self-Care for Parent(s): Before, During and After Baby: Two Hour Workshop to LGBTQ New & Prospective Parent Group, Walker Church Community Center, Minneapolis

• More Than Two Peas in a Pod: Contracts, Boundaries and Communication in Polyamorous & Open Relationships: Two Hour Workshop, presenter, at The Well: Healing Arts Center, Minneapolis

• Living with Dissociative Identity Disorder (DID): Defining, Accepting, & Managing Dissociation: Curriculum author & group facilitator, weekly presentations, DID Psycho-Educational Support Groups, Minneapolis, 1998–present

2016

• Post-Election Care for LGBTQ+ Mental Health Providers: Addressing Compassion Fatigue, Oppression Fatigue, Burnout, and Vicarious Trauma / Half Day Training presenter at The Well: Healing Arts Center, Minneapolis

• Post-Election: Self-Care for Mental Health & Social Service Workers: Addressing Compassion Fatigue, Oppression Fatigue and Vicarious Trauma / Half Day Training presenter, at The Well: Healing Arts Center, Minneapolis

• Radical Self-Care and Wellness for Social Justice Community Organizers / Half Day Workshop presenter at The Well: Healing Arts Center, Minneapolis

• LGBTQ+ Relationships: Strength Above Oppression: A Workshop 4 Queer Adults / Full Day Workshop presenter, at The Well: Healing Arts Center, Minneapolis

• LGBTQ+ and Allies Relationship Workshop for Adults who ID as Queer LGBTQ, Poly and/or Kinky / Full Day Workshop presenter at The Well: Healing Arts Center, Minneapolis

• Beyond the Boxes II: Three Cutting Edge Topics in LGBTQ+ Mental Health: Gender, Poly & Compassion Fatigue / M.C. and Conference Chair. Chair of the Board: MN LGBTQ+ Therapist Network All Day Conference, Twin Cities

• Texting, Sex and Doing the Dishes: Increasing Connection in Your Intimate Bi+ Relationships | The annual Bi+ Empowerment Conference: A Uniting, Supportive Experience (BECAUSE), Two Hour Workshop presenter. Annual Conference of the MN Bisexual Organizing Project, Conference presenter, University of MN-Twin Cities

• The Ripple Effects of the Orlando Mass Shooting: We LGBTQ+ Therapists Need to Take Care of Ourselves, too: Why We Are Ripe for Compassion Fatigue and Oppression Fatigue; A Workshop for MN LGBTQ+ Mental Health Providers | Co-facilitator, Trainer and Coordinator, Sponsored by the MN LGBTQ+ Therapists Network, Twin Cities

2015

• Professional Becomes Personal is Political: A Therapist Who Works with Transgender Issues Becomes a Mom of a Child Who Happens to be Gender Non-Conforming / Two Hour Workshop presenter, Annual Conference of MN Women in Psychology

• PTSD, Trauma, Oppression Fatigue & Self-Care for Activists & Community Organizers / Half Day Workshop, Minneapolis

• You, Me and We: Increasing Intimacy, Improving Communication & Strengthening Our Bond as Partners / All Day Workshop, Minneapolis

2014

• Understanding Sexual and Gender Identities – at The Well: Healing Arts Center group workshop, Minneapolis

• Assertiveness, Boundaries and Self-Care – at The Well: Healing Arts Center group workshop, Minneapolis
2013

- The Gender Non-Conforming Student & Safety in the 6th Grade: a parent, middle school teacher and social worker all learn together, Training Co-presenter, “Cultivating Respect: MN Parents & Friends of Lesbians and Gays (P-Flag) State Conference” St. Paul
- Strengthening Your Bond as Partners: Respectfully Communicating & Resolving Conflict, Family Equality Conference, Minneapolis
- Strengthening Your Bond as Partners & Parenting Role Models: Improving Emotional & Physical Intimacy, Family Equality Conference, Two Hour Workshop, Minneapolis
- “Cabaret ’88: Celebrating Our First 25 Years: MN LGBT Therapist Network 25th Anniversary Gala” M.C., Minneapolis
- “I’m Just Me:” Respecting the Children: A perspective of a parent of a gender non-confirming child, Transgender Health & Wellness Conference, Half Day Training, Hamline University, St. Paul
- Kink & BDSM: One Person’s Vanilla is Another Person’s Freaky! Is it healthy sexual expression or pathological behavior? Exploring Kink, the DSM-5, Paraphilia & Its Intersections With Our Work as Mental Health Professionals, Half Day Training, MN Sexual Health Consortium, Minneapolis

2012

- Strengthening Your Bond as Partners: Respectfully Communicating & Resolving Conflict, Family Equality Conference, Minneapolis
- Strengthening Your Bond as Partners & Parenting Role Models: Improving Emotional & Physical Intimacy, Family Equality Conference, Minneapolis
- Attachment & Emotional Intimacy Issues in Relationships, at The Well: Healing Arts Center presentation, Minneapolis
- Transforming Shame: For Survivors of Sexual Abuse, at The Well: Healing Arts Center presentation, Minneapolis
- Developing Healthy Sexuality: For Survivors of Sexual Abuse, at The Well: Healing Arts Center presentation, Minneapolis

2011

- Kink & BDSM: One Person’s Vanilla is Another Person’s Freaky! Is it healthy sexual expression or pathological behavior? Exploring Kink, the DSM-4, Paraphilia & Its Intersections With Our Work as Mental Health Professionals: guest speaker, St. Mary’s University of MN Graduate Program in Marriage and Family Therapy, Minneapolis
- Making Your Clinical and Medical Practices More Gender Nonconforming-Friendly, MN Transgender Health & Wellness Conference, Hamline University, St. Paul
- Psychological First Aid: A Training for Street Medics, for Occupy-MN Medics & Activists, North Star Health Collective, St. Paul
- The Trauma of Discrimination: Politics are Getting Personal: A Workshop for LGBTQA Mental Health Professionals: M.C. of training, MN LGBT Therapist Network, PRIDE Institute, and St. Mary's University Graduate Program in Marriage and Family Therapy, Minneapolis

2010

- "Beyond the Boxes: Midwest LGBTQ Mental Health Care Conference” M.C. of Conference, MN LGBT Therapist Network, UM-Twin Cities GLBTA Programs Office, Office for Equity & Diversity, University of MN-Twin Cities
- Making Your Medical & Mental Health Services & Practice More LGBTQ Friendly, “Beyond the Boxes: Midwest LGBTQ Mental Health Care Conference” University of MN-Twin Cities
- Divorced, Co-Parenting and Blended Families: panelist and panel facilitator, Rainbow Families Conference, Minneapolis
- Kink & BDSM: One Person’s Vanilla is Another Person’s Freaky! Is it healthy sexual expression or pathological behavior? Exploring Kink, the DSM-4, Paraphilia & Its Intersections with Our Work as Mental Health Professionals | Guest speaker, MN Sexual Health Consortium, Minneapolis
- The Quest for Sperm: Using Known or Unknown Donors for Creating Your Family | Panelist and panel facilitator, Rainbow Families Conference, Minneapolis
2009

- *Identifying, Understanding and Helping: Depression in GLBT Individuals*: workshop presenter, University of MN – The GLBT Programs Office, Minneapolis
- *Coming Out & Mental Health: From 1960s to the Present*: panel facilitator, MN LGBT Therapist Network, Minneapolis
- *Strengthening Your Bond as Parents & Partners: Respectfully Resolving Differences*: workshop presenter, Rainbow Families Conference, Minneapolis
- *How to Support Those Close to Me Who are Still Dealing with Emotional Fall-out From the RNC (Republican National Convention)*: M.C. & workshop presenter, at “Still Healing from the RNC: A Day of Care” North Star Health Collective, Walker Community Church, Minneapolis
- *Being an Activist & Getting Arrested Seems to be Easier than Getting Help for Myself*: M.C. & workshop presenter at “Still Healing from the RNC: A Day of Care” North Star Health Collective, Walker Community Church, Minneapolis
- *Making Sex Healthy, Empowering, Fun, and Safe: A Workshop for Survivors of Sexual Abuse & Their Partners*: “Sexy Spring VI Conference,” Minneapolis
- *How Kinky Are You? One Person’s Vanilla is Another Person’s Freaky: Exploring Your Own Sexuality & Its Intersection With Your Work as a Sex Offender Therapist*: guest speaker, MN Sexual Offender Therapist Annual Training, MN Department of Corrections, St. Paul
- *Kink & BDSM: One Person’s Vanilla is Another Person’s Freaky! Is it healthy sexual expression or pathological behavior? Exploring Kink, the DSM-4, Paraphilia & Its Intersections With Our Work as Mental Health Professionals*: guest speaker & trainer, St. Mary’s University of MN, Graduate Program in Marriage and Family Therapy, Minneapolis
- *Kink & BDSM: One Person’s Vanilla is Another Person’s Freaky! Is it healthy sexual expression or pathological behavior? Exploring Kink, the DSM-4, Paraphilia & Its Intersections with Our Work as Mental Health Professionals*: guest speaker, Argosy University, Graduate Program in School of Professional Psychology, Eagan

2008

- *Making YMCA Child Care Programs More LGBTQ Friendly: Increasing Accessibility for Families with Kids or Parents who are LGBTQ*: workshop presenter, YMCA Child Care Provider’s State Conference, St. Paul
- *Depression & LGBT Communities: Oppression, Inequities and Getting Help*: workshop presenter, National Alliance on Mental (NAMI) Health State Conference, St. Paul
- *Understanding Bisexuality: Clinical Perspectives in Coming Out*, co-presenter, MN Psychological Association Annual Conference, Brainerd
- *Understanding Bisexuality: Clinical Perspectives in Coming Out*, co-presenter, MN Women in Psychology Annual Conference, St. Cloud

**Support and Therapy Groups** (Designed and Facilitated)

- *Twin Cities Executive Director Support Group*, Minneapolis 2017 – present
- *Work-Life Balance, Compass Fatigue and Moral Injury for Medical, Social Service and Mental Health Professionals Strategy and Coaching Support Group*, Minneapolis 2018 - present
- *Women’s Sexual Abuse Psycho-Educational Support Groups*, 2016 – present, Minneapolis
- *Women’s Empowerment Support Groups*, 2016 - 2019, Minneapolis
- *Women’s Therapy Group*, Minneapolis, weekly, 2013 - 2019
- *Women’s Art Support Groups*, Minneapolis, 14-weeks, 1993-1996
- *Women’s Sexual Abuse Survivors Therapy Group*, Minneapolis, weekly, 1988-2013
- *Women’s Sexual Abuse Survivor Therapy Groups*, University of MN-Twin Cities, weekly, 1991-93