

Irene Greene MSED

Greene Growth & Training LLC / Enhancing Personal, Relational, Professional and Community Change for the Socially Conscious

Trainings & Workshops. Support & Therapy Groups.

Examples of Trainings and Workshops

2020 (planned for early 2020)

- *Social Justice and Community Organizers: Self-Care and Boundaries While Advocating for Justice – A Personal and Organizational Approach* / TakeAction half day training Minneapolis
- *LGBTQA+ Social Justice and Community Organizers: Managing Our Personal Trauma While Advocating for Justice in Our Own Communities – A Personal and Organizational Approach* / OutFront MN half day training Minneapolis
- *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
- *White Feminists: What It Means to Be a True Racial Ally: Facing Our White Liberalism, White Feminism, White-Body Privilege & Savior Complex* | Telling Queer History | Walker Library | 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 LGBTQ+ 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, Burnout 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
- *A Proud 25 years: History of LGBT Services & Organizations in MN*: presenter, “Cabaret ‘88: Celebrating Our First 25 Years: MN LGBT Therapist Network 25th Anniversary Gala,” 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 LGBTQ 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

- *Improving Communication in Our Relationships*, “BECAUSE: Annual Bisexuality Conference,” St. Paul
- “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

- *Creativity and Sexual Abuse Healing: A 12-week curriculum*: author and facilitator, Minneapolis, 2007, 2008, 2009
- *Identifying, Understanding and Helping: Depression in GLBT Individuals*: workshop presenter, University of MN – The GLBTA 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, Compassion Fatigue and Moral Injury for Medical, Social Service and Mental Health Professionals Strategy and Coaching Support Group*, Minneapolis 2018 - present
- *Women’s Coming Out: Psycho-Educational Support Groups*, 14-weeks, Curriculum Author and Facilitator, Minneapolis, Offered: 2011, 2012, 2013, 2015, 2017, 2019
- *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
- *Living with Dissociative Identity Disorder (DID): Defining, Accepting, & Managing Dissociation, Anxiety and One’s System: DID Psycho-Educational Support Groups*, Curriculum Author and Facilitator, Minneapolis, 1998-present