

# Irene Greene MSED

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

## ~Summary~

### **Trainings & Workshops. Conference & Workshop Planning Committees. Support & Therapy Groups. Professional Consultation.**

#### **Examples of Trainings and Workshops**

##### **2017**

- *When We White Helping Professionals Work with People of Color: Mixing Good Intentions, Good Practices and White Privilege:* Half Day workshop, Community, 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, community, Minneapolis
- *Professional & Personal Self-Care: Addressing Political Trauma Stress, Burnout, Compassion Fatigue and Oppression Fatigue for LGBTQA+ Helping Professionals:* Half Day Training presenter, community, Minneapolis
- *Assessing and Reducing Compassion Fatigue, Burnout and Self-Care for Mental Health and Social Service Folks:* Half Day Workshop presenter, community, Minneapolis
- *LGBTQA+ Relationships with Kids Workshop: Maintaining A Strong Relationship While Parenting:* Full Day Workshop presenter, community, Minneapolis
- *LGBTQA+ Relationship Workshop: Balancing Your, My and OUR Relationship's Needs:* Full Day Workshop presenter, community, Minneapolis
- *Self Care for Parent(s): Before, During and After Baby:* Two Hour Workshop to LGBTQ New & Prospective Parent Group, Walker Community Church, Minneapolis
- *More Than Two Peas in a Pod: Contracts, Boundaries and Communication in Polyamorous & Open Relationships:* Two Hour Workshop, presenter, community, 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, community, Minneapolis
- *Post-Election: Self-Care for Mental Health & Social Service Workers: Addressing Compassion Fatigue, Burnout and Vicarious Trauma:* Half Day Training presenter, community, Minneapolis
- *Radical Self-Care and Wellness for Social Justice Community Organizers:* Half Day Workshop presenter, community, Minneapolis
- *LGBTQ+ Relationships: Strength Above Oppression: A Workshop 4 Queer Adults:* Full Day Workshop presenter, community, Minneapolis

- *LGBTQ+ and Allies Relationship Workshop for Adults who ID as Queer LGBTQ, Poly and/or Kinky*: Full Day Workshop presenter, community, 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*: 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* – Community group workshop, Minneapolis
- *Assertiveness, Boundaries and Self-Care* – Community group workshop, Minneapolis

## 2013

- *The Gender Non-conforming Student & Safety in the 6<sup>th</sup> 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 25<sup>th</sup> 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 25<sup>th</sup> 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*, community presentation, Minneapolis
- *Transforming Shame: For Survivors of Sexual Abuse*, community presentation, Minneapolis

## 2011

- *Developing Healthy Sexuality: For Survivors of Sexual Abuse*, community presentation, 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, 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

- *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

**Conference and Workshop Planning Committees**

- MN LGBTQ+ Therapist Network Programming for 2018, Committee Chair, 2017 - ongoing
- MN LGBTQ+ Therapist Network & University of MN *Beyond the Boxes: Midwest LGBTQ Mental Health Conference II,* Chair of Conference Planning Committee, 2015-2016
- MN LGBTQ+ Therapist Network & University of MN *Beyond the Boxes: Midwest LGBTQ Mental Health Conference,* Co-chair of Conference Planning Committee, University of MN-Twin Cities, 2008-2010
- MN LGBT Therapist Network, Quarterly Workshop Series, Co-Chair of Planning Committee, 2005–present
- North Star Health Collective, Workshop Planning Committee, 2008-present
- Rainbow Families, Board, 1993; Chair, Annual Conference, 2001
- MN Women in Psychology, Board, 1996, 1997; Co-chair, Annual Conference, 1998

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

- *Women's Sexual Abuse Psycho-Educational Support Groups, 2016 – ongoing, Minneapolis*
- *Women's Empowerment Support Groups, 2016 - ongoing, Minneapolis*
- *Women's Therapy Group, Minneapolis, weekly, 2013-present*
- *Women's Coming Out: Psycho-Educational Support Groups, 14-weeks, Curriculum Author and Facilitator, Minneapolis, Offered: 2011, 2012, 2013, 2015, 2017*
- *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, Up to three groups/week. Repeat weekly, Minneapolis, 1998–present*

**Professional Consultation (Confidential)**

- Mental health, social service, religious, legal and community agencies; medical programs; individual mental health professionals; human resource and community agency program directors, 2004-present (Topics: ethics, professional boundaries, mental health, mediation, diversity, LGBTQ+, critical incident debriefing)

**Article**

- *In Light of Orlando II: Seven Self-Care Suggestions for LGBTQ+ Mental Health Workers* MN Women in Psychology Quarterly Newsletter, Summer 2016