

THE SCIENCE & PRACTICE OF POSTTRAUMATIC GROWTH

*Recognizing Personal and Community Strength and
Growth in the Aftermath of Trauma*



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metahab™



Center for Health Practice, Policy & Research Conference

Harper Alumni Center at Sacramento State
Saturday, April 29, 2023
8:30 AM – 4:00 PM

Learning Outcomes

Join Metahab originator Dr. Joyce Mikal-Flynn, & motivational speaker, mindset expert, & world-class athlete Charles Clark, with a panel of experts to acquire tools to transform adversity & trauma into strength through the development of resilience, compassion, & posttraumatic growth (PTG).

Students, academic & nonacademic staff & faculty, community professional & nonprofessional attendees are welcome. As a result of this conference, participants will be able to:

- Explain the Domains of PTG & identify how adversities, challenges, & trauma influence & cultivate survival, adaptation, & PTG.
- Identify & analyze the neurological, genetic, epigenetic, & psychological aspects associated with resilience, trauma, & PTG.
- Discuss & address trauma-related issues faced by a variety of individuals in their professional & personal lives, including health care professionals, first responders, athletes, & veterans.
- List & apply evidence-based content, practices, & behaviors to support the principles & practices of PTG.
- Identify goals for personal & professional success & acquire skills needed to gain & maintain employment in high-demand sectors, including public safety, healthcare, education, STEM, & tech.

A certificate of attendance will be provided. CHPPR does not seek pre-approval for continuing professional development. Keep certificate as proof of attendance. Check the conference webpage for a list of eligible CEUs or contact your professional organization about eligibility for CEUs. Instructional level is intermediate.

Charles Clark

Speaker Bio: Charles Clark is a motivational speaker and creator of the Thrive Planner. Before becoming an international speaker, Charles was one of the fastest men in the world. He is a 3x NCAA National Championship and USA Track and Field Championships silver medalist. Now, as a mindset expert, Charles shows athletes, entrepreneurs, and companies how to win in life. Today, he teaches people how to use adversity to build greater strength, success, and fulfillment.

Talk Title: *Posttraumatic Growth Keynote*

Financial/Nonfinancial Disclosures: Charles Clark authored & receives royalties for books and materials related to the topic of resilience and mental health. He is receiving an honorarium and travel reimbursement for this presentation.

Joyce Mikal-Flynn, Ed.D, FNP, MSN

Speaker Bio: Dr. Joyce Mikal-Flynn, Professor in the School of Nursing at California State University, Sacramento (CSUS), received her Doctor of Education from St. Mary's College and Masters of Science in Nursing at CSUS focusing on trauma-informed care with an emphasis on building resilience and posttraumatic growth (PTG). She developed the word, Metahabilitation, to describe a more optimistic and productive outcome in the aftermath of trauma. Her research provided a strengths-based clinical pathway guiding individuals toward PTG. Her post-doctoral research focused on how traumatic experiences build resilience and bring forth PTG in secondary and vicarious trauma survivors and communities, along with the course she created at CSUS, Traumatology: An Introduction to Posttraumatic Growth; she continues researching, lecturing, and directly applying Metahabilitation in various rehabilitation and recovery settings. Her publications include *Turning Tragedy Into Triumph; Metahabilitation, A Contemporary Model of Rehabilitation* (2012), and a second book, *Anatomy of a Survivor: Building Resilience Grit and Growth After Trauma*, published in April 2021.

Talk Title: *Posttraumatic Growth and Metahab/ Application of PTG and You!*

Abstract: Definitions of posttraumatic growth and Metahab and their applications.

Financial Disclosures/Nonfinancial Disclosures: Joyce Mikal – Flynn is a Professor at Sacramento State and the creator of Metahab. She has multiple publications as well as two books on the subject of Metahabilitation, a system promoting resilience and posttraumatic growth. She has an ongoing and dedicated interest in these topics as they relate to individual, secondary and vicarious survivors.

John D. McPherson, Ph.D.

Speaker Bio: Dr. McPherson is the Deputy Director of the UCD Comprehensive Cancer Center and Professor, Department of Biochemistry and Molecular Medicine. He has deep expertise in DNA sequencing and cancer genomics through his involvement in the Human Genome Project and large-scale tumor sequencing as a founding member of the International Cancer Genome Consortium. In the ICGC, Dr. McPherson led the genome sequencing of >200 pancreatic ductal adenocarcinomas using laser capture microdissected material. His current interests lie in bringing advanced genomic technologies to clinical application in personalized diagnosis and targeted therapeutics, maximizing the data yield from small biopsies and circulating cell-free DNA, and reducing chemotherapy-induced side effects during cancer treatment.

Talk Title: *Genetics, Epigenetics, and Resilience*

Abstract: Genetics reveals gene sequencing. Epigenetics involve gene expression. Epigenetics explains why adopting certain behaviors and mindsets can influence gene expression, encouraging generational resilience. Therefore, engaging with adversity and challenging life situations is essential to understand how these behaviors can affect us now and in the future.

Financial/Nonfinancial Disclosures: John McPherson is receiving an honorarium for this presentation. He is the Deputy Director of the UC Davis Comprehensive Cancer Center. He has an interest in topics related to survivorship.

Sharon Furtak, Ph.D.

Speaker Bio: Dr. Furtak earned her B.A. in Psychology from the University of Massachusetts Amherst in 1999 and a Ph.D. in Behavioral Neuroscience from Yale University in 2006. Subsequently, Dr. Furtak held postdoctoral positions at Brown University and Harvard Medical School. She spent her academic career researching the biological routes of emotional learning and memory with a cross-species approach. Dr. Furtak has published many articles in prominent journals such as *JAMA Psychiatry* and *Neuron*. Her teaching, mentoring, and research efforts have been supported with grants from the National Science Foundation. She has been recognized for her dedication to research and education, being awarded the Early-Career Faculty Research and Creative Activity Award in recognition of her research productivity at Sacramento State and teaching achievement awards. In 2012, Dr. Furtak was delighted to join the Sacramento State family as a tenure-track faculty in Psychology and was granted early promotion to the rank of Professor in the spring of 2022.

Talk Title: *Fear or Fear Not: Brain Mechanisms Underlying Emotional Regulation*

Abstract: Plasticity reveals how our brains can change over one's life span, including growing and improving when challenged. Our emotions and conscious, deliberate behaviors trigger some of the changes. This presentation will focus on how our brains process and regulate trauma-related emotions and the resulting fear response.

Financial Disclosures/Nonfinancial Disclosures: Sharon Furtak is receiving an honorarium for this presentation. She is a Professor of Psychology at Sacramento State. She has an interest in topics related to the neurobiology of emotional learning and memory. Currently, she is the principal investigator of a National Science Foundation grant that supports these research endeavors.

Catherine Schweikert, PhD (c), MPH, PA-C

Speaker Bio: Catherine has practiced medicine for 22 years as a PA. Witnessing a lack of compassion motivated her to study how compassion affects our health and well-being through receiving a PhD in AppliedPsychophysiology. She is also a graduate of Stanford University's CCARE program in AppliedCompassion, where she developed programs to deliver instruction for hospitals and individuals to learn action-focused compassionate strategies. Later this year, her book, *The Compassion Remedy: How to Leverage the Psychophysiological Benefits of Compassion to Beat Burnout, Renew Relationships, and Enjoy Greater Well-Being*, will be released.

Talk Title: *Redefining Compassion for Strength*

Abstract: Stresses and life challenges build resilience, help one heal and find joy in life in the aftermath and find joy in life. Engaging with specific skills and behaviors can help manage the situation and, more importantly, recognize potential benefits in the aftermath of such experiences. Self-compassion is beneficial, helping one heal and live as a thoughtful and positive presence for others, personally and professionally.

Financial Disclosures/Nonfinancial Disclosures: Catherine Schweikert has authored & receives royalties for books and materials related to the topic of compassion. She is receiving an honorarium for this presentation.

Robert Pieretti, PhD, CCC-SLP

Speaker Bio: Robert Pieretti, Associate Dean in the College of health and Human Services at California State University, Sacramento (Sacramento State), is also a professor in the Department of

Communication Sciences and Disorders at the University. Dr. Pieretti served as Chair of the Department for seven years and was the founder and Director of the Sacramento State Literacy Connection. He was employed for twenty-one years as a speech-language pathologist in the Sacramento City Unified School District, formerly serving as the Head Language, Speech, and Hearing Specialist for the District. Dr. Pieretti's scholarly interests include language disorders, language-based reading disorders, Multi-Tiered Systems of Support (MTSS), and English Learners. He has made over 100 presentations at the local, state, and national levels, co-authored literacy skill development materials, and published several co-authored peer-reviewed journal and periodical articles regarding his research and work supporting the language and literacy skills of both monolingual and bilingual students. He is a California Speech-Language Hearing Association (CSHA) Fellow and a co-author of CSHA's position paper/resource guide: Roles and Responsibilities of Speech-Language Pathologists with Respect to Literacy in Children and Adolescents in California.

Financial/Nonfinancial Disclosures: Robert Pieretti has no financial disclosures related to the content of his presentation or this topic. He is the Associate Dean for Students and Personnel in the College of Health and Human Services, serving as the Director of the Center for Health Practice, Policy, and Research (CHPPR). He has a dedicated interest in topics related to health and wellness across the lifespan.

Greg Shaw, PhD

Speaker Bio: Greg B. C. Shaw is the Associate Dean for Operations in the College of Health and Human Services at California State University, Sacramento. Prior to this role, Dr. Shaw was a professor and department chair for the Department of Recreation, Parks and Tourism Administration at Sacramento State, previously having been an elementary school teacher in Inglewood, CA. Dr. Shaw holds a bachelor's degree in architecture from Georgia Institute of Technology, a master's in recreation administration from California State University, Sacramento, and a Ph.D. in geography (minor in landscape architecture) from the University of California, Davis. His primary area of study is architectural tourism and signature architecture as related to urban design. Dr. Shaw has been the wine editor for *Cuisine Noir* Magazine, and has served on the boards for the Journal of Tourism Insights, the California Geographical Society, Visit Sacramento, the California Parks and Recreation Society Educators Section, and the California State Fair Cultural Advisory Council. A life-long Disney fan, Dr. Shaw has designed coursework that includes the history of amusement and theme parks as a dynamic component of the commercial recreation and tourism industries.

Financial/Nonfinancial Disclosures: Dr. Shaw is an employee of California State University, Sacramento. He has no relevant financial or financial relationships to disclose.