

The Science and Practice of Posttraumatic Growth

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

April 29, 2023

Harper Alumni Center-Sacramento State

SYLLABUS/TIME-ORDERED AGENDA

- 8:00 – 8:30** **Registration, Check-In, & Continental Breakfast**
- 8:30 – 9:00** **Welcome & Housekeeping**
Robert Pieretti, Ph.D., CCC-SLP
Associate Dean, Sacramento State College of Health and Human Services
Joyce Mikal-Flynn, Ed.D., FNP, MSN
Professor, Sacramento State School of Nursing

- 9:00 – 10:00** **Keynote Presentation**
Charles Clark
World Class Athlete, Thriver

AM: The Science of PTG

- 10:00 - 10:30** **Genetics, Epigenetics, and Resilience**
John D. McPherson, Ph.D.
Professor, Biochemistry and Molecular Medicine
Deputy Director, UC Davis Comprehensive Cancer Center
UC Davis School of Medicine
- 10:30 - 11:00** **Fear or Fear Not: Brain Mechanisms Underlying Emotional
Regulation**
Sharon Furtak, Ph.D.
Professor, Sacramento State Department of Psychology
- 11:00 - 11:15** **Break**
- 11:15 - 11:45** **Redefining Compassion for Strength**
Catherine W Schweikert, PhD(c), MPH, PA-C
Compassion Ambassador

11:45 - 12:15 Roundtable Discussion with Questions

12:15 - 1:15 Lunch Break

PM: Application of PTG

1:15 – 2:00 Posttraumatic Growth and Metahab
Joyce Mikal-Flynn, Ed.D., FNP, MSN
Professor, Sacramento State School of Nursing

2:00 - 2:45 Stories of Survival and Growth: Panel
T.J. Shushereba
Xzavion Stevenson
Lea Wallace Carvalho

2:45 – 3:00 Break

3:00 - 3:45 Roundtable Discussion: Application of PTG and You!
Joyce Mikal-Flynn, Ed.D., FNP, MSN
Professor, Sacramento State School of Nursing

3:45 - 4:00 Concluding Remarks and Future Directions
Greg Shaw, Ph.D.
Associate Dean, Sacramento State College of Health and Human Services