



LOVE THY SELF: VICARIOUS TRAUMA SELF-CARE WORKSHOP

May 21st @ 12-2PM

Putnam County Job and Family Services, 575 E Ottawa-Glandorf Rd., Ottawa

Virtual Zoom Option: <https://wocumc.zoom.us/j/83496424723> :: Meeting ID: 834 9642 4723

Our lives are constantly being bombarded with images and experiences of seismic shifts, suffering, loss, chaos, and hopelessness to change the situation. Whether being done to us or around us, our inevitable absorption of these “traumatic stressors” shows up in our psyche, behaviors, and relationships in unhealthy ways. The bottom line is that showing up as our best selves in ministry and service takes self-care.

This two-hour workshop prepares ministry servants, pastors, community service providers, and justice professionals to recognize the mental and emotional signs that we are in need of some self-care in the face of exposure to life’s traumatic stressors. This workshop offers you education, tools and practices for self-protection against vicarious trauma and for healing from it when experiences overwhelm.



Guest Presenter: Dr. Camisha Chambers (D.Min) serves as the Nurturing Coordinator for All In Community where she facilitates Trauma Resilience Trainings, Vicarious Trauma Trainings, and Wellness Sessions. Camisha has presented workshops in various setting across the United States, and recently founded the Refuge Trauma Recovery Institute, a unique ministry where participants experience music and art therapy models to aid in trauma healing, resiliency, and recovery for the community.

Camisha earned her Bachelor of Arts Degree from Miami University, Oxford, Ohio, and her Master of Science in Organizational Leadership from Mount St. Joseph University. She has her Doctor of Ministry from United Theological Seminary that focuses on “Spiritual Cultivation and Trauma Healing Through Music Therapy” in places of worship and community settings. Additionally, she has her certificate in Music Therapy and Sound Healing through the University of Cincinnati’s “edonthego” program, holds a PROSCI Change Management Designation, and is a certified Therapeutic Art Life Coach.

Camisha dedicates her life to the betterment of others, and her passion comes alive whenever she can serve others. She is responsible for multiple local, regional, and statewide community initiatives, and her program initiatives have touched the lives of over 65,000 individuals combined. She loves helping others create a path to healing and wholeness in their lives so they can be their best self.

RSVP to Kathy Kaufman at kathybeutler1962@gmail.com by May 16th

Sponsored by Henry County & Putnam County Reentry Coalitions