Psychosomatic Disorders from Early Trauma
9:40 AM - 11:20 AM *2 CEUs
Victoria Kepler Didato, MA, LSW, LPC, DAPA

An overview of how trauma impacts the brain. Learn how trauma is stored in the body through brain patterning and body memory/tissue memory. Discover how the five senses connect, and the importance of the hippocampus in memory. Decipher cues and symptoms of psychosomatic disorders through homeostasis.

Flashback Fury
1:00 PM - 2:50 PM *2 CEUs
Tammy Schultz, Ph.D, LMHC, LAC / Hannah Estabrook, MA, LPCC

Flashbacks are a major component of PTSD, an affliction common to sexual abuse survivors. Learn the new DSM 5 criteria for diagnosing PTSD. Discuss interventions such as cognitive coping skills, controlled breathing and relaxation training.

Variables that Impact Trauma
3:00 PM - 4:45 PM *2 CEUs
Victoria Kepler Didato, MA, LSW, LPC, DAPA

Shed light on the dynamics of incest/sexual abuse in context of culture, the family, and the individual, and its impact on trauma. Factors influencing trauma's long-term effect on the brain/body will be investigated.
Anguish Unvoiced / Language of Lament
OPTION 1 | 9:40 AM - 11:20 AM *2 CEUs
Tammy Schultz, Ph.D, LMHC, LAC / Hannah Estabrook, MA, LPCC

Wherever sexual abuse resides, secrets flourish; victims haul around narratives seemingly impossible to voice. Discover paths lined with hope and capture the courage to reclaim your voice, or gather insights to assist clients in reclaiming theirs. Delve into passionate expressions of grief as recorded in the Bible and come out with the meaning of authentic broken-heart prayer that can aid survivors in the healing journey. Recognize the eternal story in the midst of desolate, earthly stories.

Men in Pain (survivors only)
OPTION 2 | 9:40 AM - 11:20 AM
Thomas Edward, founder of Healing Broken Men ministry

A breakout session that allows male survivors an opportunity to become familiar with some of the basic ideas, concepts and questions they may face on their healing journey. This workshop is for survivors only. We will cover subjects like victim vs. survivor, betrayal, shame and contempt, acting out, the wilderness experience, and tips for empowering healing. This venue is a great pre-cursor for men interested in or thinking about attending a workshop retreat.

Spirituality—Aspects in Recovery
OPTION 3 | 9:40 AM - 11:20 AM *2 CEUs
Victoria Kepler Didato, MA, LSW, LPC, DAPA

Sexual trauma distorts one’s view of God. Spirituality is further complicated if the abuse was perpetrated by a trusted spiritual leader. Through video segments and discussion, learn how to broach the delicate issue of spirituality in recovery.

Victoria Kepler Didato, MA, LSW, LPC, DAPA is the founder and director of the Child Sexual Abuse Institute of Ohio located in Wooster, Ohio. The institute offers counseling services to victims of sexual assault and their families and training and consultation to other agencies.

She received her undergraduate degree in criminal justice from Pennsylvania State University and her masters in child and family development from the University of Akron. She received her certification in formational counseling from Ashland Theological Seminary. She is both a licensed social worker and a counselor in the State of Ohio and holds Diplomate status in the American Psychotherapy Association.

During her career she has worked as an adult probation officer, a prison intern, a mental health social worker, a child abuse investigator, and a guardian ad litem in juvenile court. She has been an adjunct professor at the University of Akron, Ashland University, Ashland Theological Seminary and Xavier University, all in Ohio. She is the author of numerous articles and two textbooks on sexual abuse of children-ONE IN FOUR and TREATMENT ISSUES FOR SEXUAL ABUSE SURVIVORS AND OFFENDERS.

Ms. Kepler Didato has received many professional honors including being appointed Convener of the White House Conference on Families and chosen as an Outstanding Young Career Woman of America. She received the Service to Humanity Award by Chi Sigma Iota from the University of Akron and was chosen the Outstanding Alumni from the College of Human Development, Pennsylvania State University. She was appointed by then Governor Richard Celeste to Ohio’s Task Force on family violence.
Triggers and Rituals Associated with the Trauma

OPTION 1 | 1:35 PM - 3:15 PM *2 CEUs
Victoria Kepler Didato, MA, LSW, LPC, DAPA

Understand the differences between TYPE I and TYPE II traumas and their significance in the recovery process. Learn how survival mechanisms such as phobias and obsessions are formed. Identify those triggers and rituals rooted in sexual abuse.

How Can I Help Him?

OPTION 2 | 1:35 PM - 3:15 PM
Thomas Edward, founder of Healing Broken Men ministry

Families of male survivors, pastors and loved ones have the opportunity to become familiar with some of the inner workings, thoughts and issues a survivor faces that make relationship-building a challenging for everyone. Thomas introduces ways in which loved ones can assist in the healing without becoming victims themselves, because “hurting people [can] hurt people.”

Equipping Husbands / Partners / Friends of Sexual Abuse Survivors

OPTION 3 | 1:35 PM - 3:15 PM
Vincent Didato, LPCC, MA, M.Div.

Individuals involved in a relationship with a survivor will understand how sexual abuse affects a person. They will learn the common recovery stages and recognize relational coping strategies that encourage or interfere with providing a safe environment for a survivor’s recovery. Participants will also discover typical areas of challenge, examine their own issues of insecurity/brokenness, identify unrealistic expectations and set realistic goals for the relationship emotionally, physically, and spiritually.

Vincent Didato, PCC-S has been in private practice since 1990, specializing in marital & family therapy, trauma recovery, spiritual formation & healing, and overcoming sexual abuse. An ordained minister, Vince served on a pastoral team for six years prior to his working as a therapist. His clinical work, teaching, and public speaking combine Biblical spiritual truth with insights into personality functioning and the brokenness of our human condition that offers a compassionate strategy for hope, healing, and restoration.

Vince conducts healing therapy groups for spouses of survivors of sexual abuse and retreats for survivors of abuse. He also works together with his wife Vicky in leading group therapy and healing retreats as well as church sponsored marriage weekends. Vince holds Masters Degrees in Marital & Family Therapy (University of Akron) and in Biblical Studies (Ashland Theological Seminary) and a Bachelors Degree in Chemical Engineering (University of Akron).

Thomas Edward is the founder of Healing Broken Men ministry, an organization that provides workshops and resources for male survivors of sexual abuse. His first book, SCARED BOYS/TERRIFIED MEN, approaches the healing of male childhood sexual abuse from a faith and psychological perspective. He also founded Stuck Christians, an organization designed to help believers deal with dark pains and hurts often neglected in the faith community. In CHRISTIANS GET STUCK TOO/ BUT WHAT IF WE WERE REAL? Thomas Edward candidly exposes some of the issues he has encountered in Christian life coaching as well as in his personal life. Thomas is currently working on an MA in Psychology and Counseling.