

Program Schedule

Live Saturday Summit –

"Bet You Didn't Know That's a Trauma Response"

Date: Saturday, March 1, 2025

Time:

- **10:00 AM – 3:00 PM CST**
- **11:00 AM – 4:00 PM EST**
- **8:00 AM – 1:00 PM PST**

Platform: Zoom Webinar

Summit Overview:

Join us for our inaugural live “Saturday Summit,” a series of interactive, informal, and educational trauma summits with various experts. This webinar summit will focus on the subtle yet significant trauma responses that can affect individuals across different contexts, such as first responders, survivors of childhood trauma, intimate partner violence (IPV), sexual and racial violence, and more. Our experts will provide valuable insights from both clinical and lived experience perspectives.

Panelists & Topics:

- **Jennifer Sweeton, PsyD, MS, MA** – First Responder Trauma
 - **Megan Salar, MSW, ACADC** – Childhood Trauma & IPV Trauma
 - **Rafaella Smith-Fiallo, LCSW** – Sexual & Racial Trauma
 - **Aaron "SgtQ" Quinonez** – Trauma of War – Lived Experience
-

Detailed Program Agenda:

10:00 AM – 11:00 AM CST

First Responder Trauma

Speaker: Dr. Jennifer Sweeton, PsyD, MS, MA

Description:

In this session, Dr. Sweeton will explore the unexpected ways trauma manifests in first responders, including cognitive, physical, and social responses that may be mistaken for personality traits or coping mechanisms. This presentation will equip mental health professionals to recognize and address these hidden trauma responses effectively.

Q&A: 11:00 AM – 11:15 AM CST

11:15 AM – 12:15 PM CST

Childhood Trauma & IPV Trauma

Speaker: Megan Salar, MSW, ACADC

Description:

Megan will examine the connection between childhood trauma and intimate partner violence (IPV) in adulthood. She will discuss the fawning trauma response and its influence on individuals' decisions to remain in abusive relationships. This session is designed to provide valuable insights into trauma-informed care for survivors of IPV.

Q&A: 12:15 PM – 12:35 PM CST

12:35 PM – 12:40 PM CST

Break

12:40 PM – 1:40 PM CST

Sexual & Racial Trauma

Speaker: Rafaella Smith-Fiallo, LCSW

Description:

Rafaella will highlight how trauma responses like shame and avoidance in survivors of sexual and racial violence are often overlooked. She will explore the impact of systemic oppression and the importance of trauma-informed care for marginalized communities, providing tools for recognizing these responses and offering effective support to survivors.

Q&A: 1:40 PM – 2:00 PM CST

2:00 PM – 2:40 PM CST

The Trauma of War: Lived Experience

Speaker: Aaron "SgtQ" Quinonez

Description:

Aaron "SgtQ" Quinonez will share his powerful, personal journey through the trauma of war, including his transition from military service to civilian life. He will discuss the role of therapy and holistic recovery methods, including his "Healing Thru Service" program and award-winning mental health mobile app. This session offers a unique perspective on resilience and healing from someone who has experienced trauma firsthand.

Q&A: 2:40 PM – 3:00 PM CST

Learning Objectives:

Segment 1: First Responder Trauma

- Identify at least three unexpected trauma responses commonly experienced by first responders.
- Develop strategies to support first responders in recognizing and addressing their trauma responses.

Segment 2: Childhood & IPV Trauma

- Understand how childhood trauma can lead to IPV in adulthood.
- Identify and understand the fawning trauma response and its origins.

Segment 3: Sexual & Racial Trauma

- Identify trauma responses of shame and avoidance in survivors of sexual and racial violence.
- Examine the intersectionality of sexual and racial trauma and the need for trauma-informed care in supporting marginalized communities.

Segment 4: Lived Experience – Trauma of War

- **No formal objectives**

- Aaron will share his lived experience and provide unique insights into trauma recovery and resilience.