



transforming Life
COUNSELING CENTER

presents

HEALING THE

FRACTURED FRACTURED SELF SELF

THE JOURNEY TO OVERCOME
TRAUMA AND SHAME

www.tlccok.com

2019 Transforming Life Counseling Center presents:

HEALING THE

FRACTURED SELF

THE JOURNEY TO OVERCOME
TRAUMA AND SHAME

Welcome! I am pleased to present the first of what hopes to be an annual conference venue sponsored by TLCC. This year after considerable discussion by our staff, we were prompted to address the issues of trauma, shame and the fractured self, as these are the themes we frequently find in our clinical practice.

Shame can have devastating affects both in individuals, marriages, families, churches and in the community. The traumas of both past and present often exacerbate shame, leading to addictions, abuse and even suicide.

The conference will attempt to address ways shame and trauma both impacts our society and solutions for healing. We welcome mental health professionals, and those working in ministry, who seek to improve their methods of helping others, while strengthening themselves.

Our list of professional speakers are all experts in their chosen fields. I hope by the end of the day you will be freer of the shame that can bind you and find refreshment knowing “you are enough”.

Kyle D. McGraw *LPC, LADC-MH*

Director of Transforming Life Counseling Center

About Transforming Life Counseling Center

TLCC was started nearly 13 years ago to provide counseling services at affordable rates within the community and assist client's in their search for wholeness in life. Founded on principles that value the best in clinical practice while also integrating Christian faith perspectives, Transforming Life Counseling Center wants to assist the Christian faith community by encouraging honest exploration of issues in peoples lives which prevent full functioning in interpersonal relationships, work and other domains of life. Our expectation and hope are that client's lives will be transformed by their honest self-examination. Please call us at (405) 246-LIFE for more information or go to our website at www.TLCCOK.com.

Learning Purpose Statement

The Purpose of this educational program is to expand the knowledge base, clinical and relational skills of mental health professionals, clergy, students and other helping professionals. Attendees will develop greater attunement to their clients and parishioners struggles and offer empathic interventions and help to reduce trauma and shame.

Secondarily, TLCC will use proceeds from the conference to expand mental health services to those who have financial challenges through a NEW 501 C 3 entitled Transforming Life Counseling Foundation. Our hope is the foundation will be approved by year end 2019.

Healing the Fractured Soul Conference Program

November 2, 2019

8:00

Registration & Complimentary Breakfast

8:30

Welcome & Invocation

Kyle McGraw, Director of Transforming Life Counseling Center
Dr. George Young, Oklahoma State Senator

Keynote Part I: *“Healing the Fractured Self: The Journey to Overcome Trauma and Shame”* - Dr. Curt Thompson, M.D.

10:00
Break

10:10

Keynote Part II: *“Healing the Fractured Self: The Journey to Overcome Trauma and Shame”* - Dr. Curt Thompson, M.D.

11:50

Lunch - Complimentary with Dr. Curt Thompson, M.D.
“The Soul of Shame: Retelling the Stories We Believe About Ourselves”

12:50
Break

1:00

“Comfort for the Resilient - Helping Children and Their Families Recover from Trauma” - with Brandon Schmidt, LMFT **Room: Serenity**

“The Adult Child - A Brief Introduction to Inner-Child Therapy”
with Kimberly Farris, LADC, LPC **Room: Courage**

“Helping Professionals: Promoting Health & Preventing Burnout”
with Michelle Garrett, LMFT and Kay Gackle, LMFT **Room: Hope**

“Got Grief: Exploring the Impact of Loss” - with Caleb Scoville, LPC **Room: Harmony**

2:30
Break

2:40

“The Neurobiological Impact of Trauma, an Embodied Approach to Treatment”
with Tiffany Fuller, LMFT **Room: Serenity**

“Permission to Feel: A Transdiagnostic Approach to Understanding and Treating Eating Disorders” - with Paula Gayfield, LPC **Room: Courage**

“Diagnosing and Treating the Shame Created by Codependency and Addiction”
with Diane Holland, LPC **Room: Hope**

“Suspecting the Spectrum” - with Kevin Tutty, LPC **Room: Harmony**

4:10
Break

4:20

Evening Keynote and Closing: *“Finale: Healing and Restoring the Fractured Self”*
Marq Youngblood, Exec. Director of Crossings Community Clinic
Room: Main Auditorium

5:20

Adjourn and exit to pick up Conference document for
Continuing Education Credits (8 CEU's)

Register Today!

Please register in advanced to help us plan an optimal experience for you. A hot breakfast, a lunch, and refreshments are included as well as (8) CEU's.

Register now at tlccok.com

Early Bird Rate: **\$179**
After October 15: **\$199**
Students/Candidates: **\$99**

Scholarships available to the first 50 Clergy who register.

Conference Location

Noah's Event Venue
14017 Quail Springs Parkway
Oklahoma City, OK 73134

Parking

Parking is available around the Noah's Event Venue and overflow parking is available across the street east side.

During our breaks, please stop by and visit with all of our sponsors tables, including Dr. Thompson's table in the hallway for book signings and other information.

Keynote Speaker, Curt Thompson



Curt Thompson, M.D., is a psychiatrist in private practice in Falls Church, Virginia and the founder of Being Known, LLC, and The Center for Being Known, an organization that develops resources to educate and train leaders about the intersection between interpersonal neurobiology, Christian spiritual formation, and vocational creativity. He is the author of *Anatomy of the Soul* and *The Soul of Shame: Retelling the Stories We Believe About Ourselves*. He graduated from Wright State University School of Medicine, completed his psychiatric residency at Temple University Hospital, and is board certified by the American Board of Psychiatry and Neurology. He is actively engaged in learning and education as he supervises clinical employees and facilitates ongoing education groups for patients and colleagues. Throughout his career, along with treating adults, adolescents, and families, his main focus of clinical and research interest has been the integration of psychiatry, its associated disciplines, and Christian spirituality. He is a frequent speaker on the topic at workshops, conferences, and retreats.

He has specific expertise in the field of interpersonal neurobiology and how it reflects important tenants of Christian faith, providing opportunities to comprehend and experience that same faith in fresh trustworthy ways. Much of his work is now committed to training other professionals across cultures and in multiple vocational domains in the same material.

He and his wife Phyllis are the parents of two children and reside in Arlington, Virginia. He serves as an elder at Washington Community Fellowship, a congregation of the Mennonite church, in Washington, D.C. His duties there have included preaching, teaching, and involvement in the fellowship's healing prayer ministry.

Conference Speakers

All of our afternoon workshop speakers are members of the Transforming Life Counseling Center team of therapists.



Kimberly Farris

Kim is dual licensed as a Licensed Alcohol and Drug Counselor as well as a Licensed Professional Counselor. She has worked in the field over 10 years and has extensive experience working with adolescents, adults and families struggling with various issues that interfere with their quality of life. She graduated with honors from the University of Central OK in 2004 with a Bachelor degree in Biology and double minored in Spanish and Psychology. She went on to graduate school at SWOSU where she obtained a Master's of Education degree in Community Counseling in 2006. Her passion to help people reclaim their lives from the devastating impact of addiction and dysfunctions is evident in her work. Kim is dedicated to help those still struggling shines through in every aspect of her life.



Tiffany Fuller

Tiffany holds a Master's degree in Marriage and Family Therapy from Southern Nazarene University and is a Licensed Marriage and Family Therapist (LMFT). She has worked in the mental health field since 2011 in both inpatient psychiatric settings and in private practice. She has received additional training in traumatic stress, emotionally focused couples therapy, interpersonal neurobiology, and mindfulness. Tiffany has a passion to help others tune in to their present moment experience with acceptance and self-compassion. She uses counseling methods that focus on the whole person - mind, body, and spiritual experience.



Kay Gackle

Kay Gackle is a Licensed Marriage and Family Therapist both in the state of Oklahoma and Florida. She has additional training in EMDR for trauma work, Gottman method for marriages and SYMBIS for premarital counseling. She is passionate about helping others find freedom and healing from trauma, sexual abuse, anxiety, depression, as well as, helping couples in their relationships and parenting. As a pastor's wife and former full-time ministry worker, her passion extends to working with those in full-time ministry and other helping professions.



Michelle Garrett

Michelle is a licensed marriage and family therapist and has been in practice since 1994. She's held a license in California since 1998 and in Oklahoma since 2003. Her areas of interest include marriage and relationship counseling, trauma and working with those in ministry and other helping fields. She has additional training in EMDR and in marriage counseling in both emotionally focused couples work (EFCT) and Gottman Method, Levels 1 and 2.



Diane Holland

Diane is a Licensed Professional Counselor with a Bachelor's degree in marketing and a Minor in psychology as well as a Master's Degree from University of Oklahoma in Human Relations. She is trained and educated in working with children, adolescents, adults, couples, and families with an extensive background in Chemical Dependency and Crisis Intervention. Diane worked in a hospital setting for 14 years dealing with inpatient, outpatient, Intensive Outpatient and Day treatment and is well versed in a variety of treatments including EMDR and trauma based therapies.



Paula Gayfield

Paula Gayfield is the Regional Assistant Vice President at The Renfrew Center, overseeing clinical and administrative operations at several locations. A Licensed Professional Counselor in Oklahoma and LPC Supervisor in North Carolina, she received her Master's degree in Counseling from the UNC at Charlotte. Ms. Edwards-Gayfield has extensive experience working with adolescents, adults and families, with special interest in the treatment of eating disorders, women's issues, relationship concern, mood and anxiety disorders, and life adjustments. A National Certified Counselor, she is a member of the American Counseling Association, the Oklahoma Counseling Association, Oklahoma Eating Disorder Association, and is certified with the International Association of Eating Disorder Professionals (iaedp). Ms. Edwards-Gayfield is a frequent presenter at local and national conferences with a primary focus on eating disorders and diversity.



Brandon Schmidt

Brandon Schmidt is a Licensed Marriage and Family Therapist, LMFT Approved Supervisor, Trainer and Facilitator of Parent-Child Interaction Therapy, and Clinical Member at TLCC. Brandon received a Master's Degree in Marriage and Family Counseling from Southwestern Baptist Theological Seminary and a Bachelor's Degree in Christian Education from Oklahoma Baptist University. Brandon has extensive experience in clinical administration and working with numerous individuals, families, adolescents, children, and couples. He and his wife have served as Ministers of Students in several Oklahoma churches and they have worked as Foster Parents in a Group Home atmosphere. Brandon has enjoyed serving within the mental health field for the Oklahoma City Metro since 2008.



Caleb Scoville

Caleb Scoville is a Licensed Professional Counselor who has extensive professional experience in working with cancer and grief populations. Caleb is known for his unique understanding and knowledge of the cancer and the grief experience. As a long-term (25 years) cancer and brain tumor survivor, he holds an uncanny insight in the grief experience and its impact on individuals and families. Caleb's special interest and heart for working with individuals and families affected by cancer and grief has offered him multiple professional experiences that support his work with this population. Caleb has spoken at adult and childhood cancer survivor conferences as well as been chosen to edit material by the Children's Brain Tumor Foundation (NYC) focused on guiding parents and children through a cancer diagnosis. His work also includes counseling survivors and their families one on one, family and group clinical interventions, advocating for survivors and their families, leading large and small support and discussion groups, facilitating grief groups and other grief work, as well as leading divorce group seminars.



Kevin Tutty

Kevin has a Master of Arts from the University of Central Oklahoma and a Bachelor's of Business Administration from the University of Oklahoma. He over 10 years of experience as a therapist in Community Mental Health and private practice, primarily with children, adolescents and families in home, school and office-based settings, where he led life-skills groups. Kevin has experience working with all age groups, utilizing Client-Centered, Solution-Focused, Cognitive Behavior and Family-Systems treatment modalities. He enjoys working with many populations, including those affected by Autism Spectrum Disorder. While in private practice, Kevin has taught parenting and domestic offender classes and was a school counselor in Edmond and Oklahoma City schools.



Marq Youngblood

Marq Youngblood serves as the Executive Director of Crossings Community Clinic where he oversees the personnel, volunteers, and daily operation of the clinic in providing healthcare services for the uninsured and as a pastoral staff member of the Crossings Community Church. Previously, Marq worked as a Program Manager with Northrop Grumman in their Health Solutions section, and contributed to the development of others in government, non-profit, and for-profit organizations as trainer and leadership coach with Strata Leadership, LLC.

Marq served for five years as Chief Operating Officer (COO) of the Oklahoma Department of Human Services (OKDHS), where he provided oversight of 1.6 billion of the Department's 2.2 billion dollar budget, and more than 4,000 employees. Prior to becoming COO, he served as the OKDHS Chief Information Officer (CIO) for five years.

As a bi-vocational minister, Marq has been meeting the needs of others for 38 years through his professional and ministry roles. He and Doris Youngblood have been married for 40 years and they are blessed with a son, two daughters and two sons-in law, two granddaughters and three grandsons. Marq earned a Master of Human Relations degree from the University of Oklahoma in Norman, Oklahoma.

Our allies in mental health and substance abuse services: (note that NOT ALL OF these allies have not confirmed). Please stop by the conference tables for more information about:

- **Arcadia Trails**
Edmond, OK
- **Parents Helping Parents**
Edmond, OK
- **Healing Springs Ranch**
Tioga, TX
- **Keith Bishop, Clinical Nutritionist**
Flourish Pharmacy, OKC
- **Transforming Life Counseling Center**
Edmond, OK
- **Summit Behavioral Health**
Jourdanton, TX
- **EnterHealth Addition Treatment Center**
Van Alstyne, TX
- **Hope Is Alive OKC**
- **Sabino Recovery Treatment for Trauma & Addiction**
Tucson, AZ
- **Rob's Ranch**
Purcell, OK

CEU's applied for the following:

CEU certificate available only at the end of the conference.

- 1 OK Licensed Professional Counselors, LPC
- 2 OK Licensed Marriage and Family Therapist, LMFT
- 3 OK Licensed Alcohol and Drug Counselors, LADC
- 4 OK Licensed Social Workers CEP# 20193655
- 5 OK Psychologists is pending

Others We Hope Will Attend:

Clergy • Psychologist • Students
Psychiatrist and Others in the
Medical Community

Certificate of Attendance will be awarded for all other participants.



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