

SESSION DESCRIPTION AND BIO FOR ALISON STOLL, KEYNOTE SPEAKER

Vicarious Trauma: Living and Working Self-Reflectively

This presentation is geared toward developing a functional understanding of the experience of vicarious trauma and compassion fatigue. It will provide an overview of vicarious trauma, compassion fatigue, and burnout as well as the contributing factors that can lead a clinician to experience this within their clinical work. This presentation will help conceptualize observable behavior through a trauma informed lens and provide guidance on addressing trauma reactions in a helpful, compassionate, and informed manner. It will address the collective stress of the global pandemic and how that can negatively impact one's ability to participate and bear witness while in the therapeutic alliance. This presentation stresses the importance of early mental health intervention and the necessity of self-care. Additionally, the presentation will define what is resilience, what resilience looks like, and a road map of recovering from collective trauma and adversity faced in childhood.

Alison Stoll - Bio

Alison Stoll is a graduate from The Chicago School of Professional Psychology with a Master of Arts in Forensic Psychology. She worked as a Child and Family Therapist at The Children's Advocacy of North and Northwest Cook County (CAC) for 3 years. Currently, she continues to treat child, adolescent, and adult survivors of childhood trauma in private practice. She has a passion for presenting and extensive knowledge of neurodevelopment and the neurobiology of complex trauma. She interned with Chicago Public Schools where she confronted the vast systemic inequities face by marginalized communities. She worked hard to build relationships within the school to advocate for social emotional learning as well as implement the practice of restorative justice. She continues this work by advocating within her own community raising awareness of the long-lasting impact of trauma and how to approach community resilience with a trauma-focused lens. Her cumulative experience includes trauma informed therapy to address sexual and physical abuse, exposure to violence, mood and anxiety disorders, PTSD, attachment/relationships issues, and complicated grief with individuals, groups and families healing from complex adverse experiences. She has completed trauma specific training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization Reprocessing (EMDR), and the Neurosequential Model of Therapeutics (NMT). Additionally, she has done numerous presentations on topics ranging from the Neurobiology of Complex Trauma, The Impact of Adverse Childhood Experiences and Review of the ACE Study, Vicarious Trauma for Teachers and Other Professionals, Body Safety, and How to Talk to Children About Trauma.