

SESSION DESCRIPTION AND BIO FOR DR. PAMELA FULLERTON

Hurt People Hurt People: Understanding the Impact of Historical, Intergenerational, and Migratory Trauma on the Helper

Program Summary

This session will educate and engage clinicians/providers in the process of increasing self-awareness, self-empowerment, and healing through understanding the impact of historical, intergenerational, and/or migratory trauma on the helper and their community. Presenter will share a variety of background on each type of trauma and the impacts of these traumas on the individual and community level. Theoretical frameworks, creative approaches, and practical applications to support clinicians in gaining awareness of their own strengths and growing edges within this work will also be presented.

Dr. Pamela Fullerton, Ph.D., MA, MEd, LCPC, CCTP, CCATP, C-DBT, NCC

Dr. Pamela Fullerton is the Founder and Clinical Director of Advocacy & Education Consulting, a counseling and consulting organization dedicated to ensuring social justice and advocacy through access to mental health and well-being services. She is a Latina bilingual Licensed Clinical Professional Counselor (LCPC), a Certified Clinical Trauma Professional (CCTP), a Certified Dialectical Behavior Therapy professional (C-DBT), a Certified Clinical Anxiety Treatment Professional (CCATP) and a clinical supervisor and consultant. Dr. Fullerton is also a professional writer, national speaker, and workshop facilitator. She travels locally and nationally presenting on topics about mental health and wellness to work towards educating the populace about mental health concerns, wellness practices, and preventative measures. Dr. Fullerton specializes in working with BIPOC communities, undocumented communities, immigration and acculturation, trauma, anxiety, life transitions, and career counseling. She is an adjunct instructor in the Counselor Education Department at Northeastern Illinois University and runs a nonprofit organization to support Latinx youth in the Chicagoland area. Pamela is currently pursuing her PhD in Counselor Education and Supervision at Governors State University with her dissertation and research focus on undocumented immigrants and counselor competency. She also volunteers as a contributing writer for multiple publications discussing mental health topics and serves on the advisory council for Illinois Unidos and Sinai Urban Health Institute. She is a 2021 NBCC Minority Fellow and a 2023 Illinois Legislative Latino Caucus Foundation Next Generation Scholar.