



## The Story We Tell Ourselves: Taking the Stress Out of Secondary Traumatic Stress

By

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### **Description of Presentation**

Careers in the social service field can be uniquely challenging, but believing that the potential stress of this work takes an unavoidable physical and psychological toll can lead to troubling and unexpected consequences in how we engage and interact with our clients.

### **Objectives**

- 1) Learn the science of stress and its role
2. Understand Parallel process and its impact on the work
3. Identify concrete skills and tools to utilize in addressing

### **Bio**

Katie serves as the Mental Health Consultant for Child Welfare and the Oklahoma Trauma Assessment & Service Center Collaborative (OK-TASCC) grant. She is focused on supporting the implementation of a state-wide screening tool for children and increasing the understanding and utilization of a trauma-informed approach to Child Welfare services.

Previously, she was the Director of Clinical Services at Milagro Ranch; Director of Youth & Family Services at Norman Addiction Information & Counseling (NAIC); and worked with the Medical Readiness Unit of the Oklahoma Army National Guard, connecting behavioral health and related services to soldiers and families all across the state. While with the Oklahoma Department of Mental Health and Substance Abuse Services, Katie operated in a variety of roles, including the Governor's Transformation State Incentive project regarding workforce development and trauma-informed programs. She was the Program Director for the Oklahoma Youth Center (OYC) as well as the site's Trauma Specialist for the Oklahoma Child Traumatic Stress Treatment Collaborative (OCTSTC).

Katie was awarded the Governor's Commendation for collaborations related to the reduction of seclusion and restraint in Oklahoma and has served on multiple statewide committees related to children's behavioral health and suicide awareness and prevention. As a member of the National Child Traumatic Stress Network (NCTSN), she served as National Chairperson of the Assessment Committee and National Co-chair of the Residential Treatment Center work group. She is a certified Sanctuary Model® faculty and a consultant and frequent presenter on the impact of trauma on children, families, and systems.

