



Trauma & Its Healing

Dr. Pat Fosarelli, M.D., D.Min

Dr. Pat Fosarelli, M.D., D.Min. received her medical degree from the University of Maryland School of Medicine and her doctoral degree in ministry from Wesley Theological Seminary in Washington, D.C. She has served on both the full-time and (currently) part-time faculty of the Johns Hopkins School of Medicine (Department of Pediatrics); serves as the Chair of the oversight committee of the Johns Hopkins CPE Program; and has served as a dean at St. Mary’s Seminary & University’s Ecumenical Institute (EI) in Baltimore, where she now is the Director of the M.A. in Christian Ministries. She has been on the EI faculty and staff for nearly 30 years, and has taught “Healing Trauma” at both the master’s and doctoral levels. She is the author of 12 books in the areas of medicine and theology.



Course Description: Although we might think only of major crises when we hear the word “trauma,” trauma includes any disturbing experience that elicits a highly negative emotional response. Trauma is characterized in three ways: acute, chronic, and complex. This presentation will offer information as to the types of trauma (and examples thereof); how they present/how they can be recognized; what damage they can do to those experiencing them; strategies for beginning the healing process; and vicarious trauma (the trauma suffered by those witnessing trauma suffered by others, including caregivers).

Date: February 21, 2023

Time: 4-6 pm PT, 5-7 pm MT, 6-8 pm CT, 7-9 pm ET; via ZOOM

Registration fee: \$20 for LFCNA members/ \$30 for non-members

2.0 Contact Hours have been applied for

Learning Objectives: At the end of the presentation, attendees should be able to meet these objectives:

- a) Name the various types of trauma across all age groups and how they frequently present
- b) Describe the effect that trauma has on a person’s body, mind, and spirit
- c) Identify strategies that can initiate healing by age
- d) Describe vicarious trauma, including risk factors for caregivers/helpers



Non-members and non-nurses are welcome to attend. To register, please go to:
<https://elpna.org/event-5115478>

This nursing continuing professional development activity has been submitted to the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center’s Commission on Accreditation.

To receive contact hours for this event, attendees must attend the entire event and submit a completed evaluation form.