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## Elizabeth Vermilyea, MA



### SUMMARY

Elizabeth Vermilyea has been working exclusively with trauma survivors and the people who care about them since 1991. As Director of Sidran's trauma training programs, (1999–2006) she created and delivered traumatic stress education programs to a broad range of professional, paraprofessional, and public audiences including: caregivers and frontline service providers in child and adult mental health, public and private school systems, sexual assault and domestic violence settings, providers working with the homeless, corrections, developmental disabilities agencies, crime victim's assistance agencies, and substance abuse programs across the United States and in Canada.

### EMPLOYMENT

4/06 – present Consultant, Traumatic Stress Recovery Consulting

Providing education, professional training, program development and consultation to individuals and agencies encountering trauma survivors and seeking to serve them more effectively.

11/06 – present Illuminations Facilitator

Illuminations is dedicated to the elimination of child sexual abuse through the creative use of the Illuminations Exhibit, a unique and important body of artwork created by a victim of child sexual abuse. The Exhibit has been developed into a one of a kind, interactive, audience-driven training workshop aimed at deepening awareness and understanding of the reality of child sexual abuse.

6/04 – 6/06 Instructor, Maryland Victim's Assistance Academy.

5/04 – 5/07 Faculty, University of Maryland School of Social Work Trauma Certificate Program.

3/04 – present Technical Assistance Consultant, Office for Victims of Crime Training and Technical Assistance Center (OVC TTAC)

4/99 – 4/06 Training Director & Trauma Specialist, the Sidran Traumatic Stress Institute, Baltimore, Maryland.

Training manager responsible for coordinating and providing oversight for all training endeavors, developing a client base and subsequent traumatic stress education and training programs and materials. Provides consultation and technical assistance to administrators and clinicians on program development, professional development, clinical supervision, workshop and in-service development, facilitating group discussions, and implementation of training models and therapeutic frameworks.

7/02-8/02      Adjunct faculty, Wesley Theological Seminary.

Teaching summer course: Risking Connection in Faith Communities: Pastoral Care for Trauma Survivors in Congregations.

5/97 – 3/99      Outreach Coordinator, Trauma Disorders Service Line, **Sheppard Pratt Health System,** Baltimore, Maryland

Marketing representative for the service line responsible for promotion of services, community liaison activities, facilitation of admissions for all aspects of the service line. Managed trauma information clearinghouse. Coordinated referral development, developed staff training program, provided diagnostic and treatment consultation, assisted in program development, and taught traumatic stress symptom management group in the partial program.

11/94 - 5/97      Patient Care Coordinator, Trauma Disorders Service Line, **Sheppard Pratt Health System,** Baltimore, Maryland

Care coordinator for patients in partial hospital setting responsible for assessing, planning, organizing, administering, documenting and evaluating patient care in a treatment team setting. Developed and implemented a PTSD symptom management curriculum for patient education and staff training. Facilitated group therapy, cognitive-behavioral therapy, and psychoeducation groups. Communicated with referrers and conducted insurance reviews routinely.

10/94 - 1/95      Psychological Testing Technician, **Sheppard Pratt Health System,** Baltimore, Maryland

Administered and scored psychological tests for child, adolescent, adult, and geriatric populations.

12/92 - 11/94      Mental Health Worker, Trauma Disorders Service Line, **Sheppard Pratt Health System,** Baltimore, Maryland

Monitored and facilitated milieu safety, created and co-facilitated new groups, met individually with patients to assess safety and promote symptom management, documented patient status.

11/92 - 12/92      Night Mental Health Worker, Adult Service Line, **Sheppard Pratt Health System,** Baltimore, Maryland

Ensured patient and milieu safety, prepared daily paperwork, and assisted patients in relaxation and sleep strategies.

10/91 - 6/92      Psychiatric Counselor, Masters & Johnson Sexual Trauma Unit, **River Oaks Hospital,** New Orleans, Louisiana

Managed patient and milieu safety, created and co-facilitated new groups, taught anger management, developed and implemented treatment plans, evaluated and documented patient progress.

## **PUBLICATIONS**

### **Books**

*Risking Connection: Helping Agencies Embrace Relational Work with Trauma Survivors.* (2006) *Journal of Trauma Practice: Volume 5, Issue 1.*

*Risking Connection in Faith Communities: A guide for supporting trauma survivors in congregational settings.* (2006), Sidran Institute Press, Baltimore, MD.

*Growing beyond Survival: A self-help toolkit for managing symptoms of traumatic stress.* (2000) Sidran Institute Press, Baltimore, MD.

### **Papers**

*From Adaptation to Symptom: A Consumer and Clinician Approach Symptom Self-Regulation.* Paper delivered at the International Society for the Study of Dissociation 12<sup>th</sup> Annual Meeting, November 2000

*Milieu Programs Addressing Trauma in Incarcerated Populations.* Paper delivered at the International Society for Traumatic Stress Studies 16<sup>th</sup> Annual Meeting, November 2000.

Vermilyea, E.G. (1996). *The relationship between burnout and perceived personal responsibility.* Unpublished master's thesis, Loyola College.

### **Print & News Media Interviews**

Jewish Women International (January 2006)

Wellness Talk Radio (October 2005)

BBC Vicarious Traumatization (April 21, 2004) Interview with Connie Rebecca

AARP's My Generation Magazine (September 18, 2001) Interview with Sue Woodman.

The Towson Times, (September 17, 2001) Seanna Coffin.

MSNBC (September 17, 2001) Lisa Napoli, "Facing the Collective Stress of Terror"

Modern Healthcare Magazine (September 19, 2001) Vince Galloro.

Contra Costa Times, (September 14, 2001) Sonia Krishnan, "Terror Attacks May Stress Psyche".

Health Scout, Inc., (September 11, 2001) Randy Dotinga, ([www.healthscout.com](http://www.healthscout.com)) "Explaining the Horror for Children" and "Terrorist Aftermath: Trauma".

Dateline Washington (Aug. 6, 2001) Interview with Ryan Jones.

Healthstyles, (Mar. 16, 2001) WBAI, New York, NY. "The Effects of Trauma, and How to Recover."

The Marc Steiner Show, (Feb. 21, 2001) 88.1 WJHU, Baltimore, MD. "Growing Beyond Survival: Discussing Trauma and its Treatment."

### **Web Appearances**

Thriveonline, (Aug. 8, 2001) Hosted chat on PTSD.

## **EDUCATION**

Ph.D.	Currently pursuing		
M.A.	Loyola College, Baltimore, MD	Clinical Psychology	1996
B.A.	Franciscan University, Steubenville, OH	with Honors in Psychology	1991

## **PRESENTATIONS/ TRAINING EVENTS**

### **2008**

Peer Support Networks for Trauma Survivors  
Behavioral Care Network, Salem, OR

Understanding and Supporting the Distressed Child in Schools  
Washington County DDS, Hagerstown, MD  
Fallsmeade Elementary, Rockville, MD

Supporting Military Returnees and Their Families  
Ft. Meade, MD

Growing Beyond Survival: Traumatic Stress Symptom Management  
Behavioral Care Network, Salem, OR

Trauma and Chronic Pain  
Behavioral Care Network, Salem, OR

Addressing the Intersection of Addiction and Trauma  
MCADSV, Gaylord, MI

### **2007**

Understanding and Supporting the Distressed Child  
Ft. Meade, MD  
Univ. of MD School of Social Work, Baltimore, MD  
Delaware Crime Victim's Conference, Newark, DE

Risking Connection: Addressing the Needs of Traumatized Children  
Villa Maria, Timonium, MD (3 times)

Risking Connection: Addressing the Needs of Traumatized Persons  
Univ. of Maryland School of Social Work, Baltimore, MD

Trauma Symptom Management & Returning Troops  
Ft. Meade, MD  
Ft. Belvoir, VA

Illuminations: Through the Eyes of a Child  
Cedar Rapids, IA

Ethics and Victim's Services  
University of Maryland School of Social Work, 2X  
Delaware Crime Victim's Conference, Newark, DE

Addressing Trauma and Substance Use Disorder  
Baltimore City Substance Abuse Services

Managing Vicarious Traumatization  
Delaware Crime Victim's Conference, Newark, DE  
Granite House, Westminster, MD

Trauma Symptom Management  
Univ. of Maryland School of Social Work, Baltimore, MD

Trauma and Attachment  
St. Vincent's Center, Baltimore, MD

Working with Borderline Personality Disorder  
Univ. of Maryland School of Social Work, Baltimore, MD

Trauma and Corrections  
Carroll County Detention Center, Westminster, MD 3X  
Risking Connection in Faith Communities  
Baltimore, MD  
Addressing the Needs of Children Exposed to Domestic Violence  
Jewish Women International, MD  
Addressing Trauma and Homelessness  
Waukesha, WI  
Self-care: Managing Vicarious Traumatization and Burnout  
American Red Cross, MD  
Leadership: Creating a Culture That Works  
SCCADVASA, SC

## 2006

Self-Care: Managing Vicarious Traumatization and Burnout  
Univ. of Maryland School of Social Work, Baltimore, MD  
Springfield Hospital Center, MD  
Mental Health Association of Franklin County, Columbus, OH  
Maryland Victims Assistance Acad., Baltimore, MD  
Assoc. of Professional Psychologists, Washington, DC  
Risking Connection in Faith Communities  
Conference for War Veteran Ministers, CA  
Interfaith Coalition against DV, Bethesda, MD  
Baltimore, MD  
Trauma Symptom Management  
Univ. of Maryland School of Social Work, Baltimore, MD  
Addressing Needs of Traumatized Crime Victims  
Delaware Criminal Justice Council, DE  
Advanced Trauma Treatment Strategies  
Michigan Coalition Against Domestic and Sexual Violence  
Risking Connection: Working with Traumatized Children  
St. Vincent's Center, MD  
Disaster Response: Meeting the Needs of Children  
Montgomery County Hospital, MD  
Supporting Traumatized Children in Schools  
St. Mary's County Public Schools, MD  
Trauma, Addiction, and Homelessness  
New Directions, Los Angeles, CA  
Healing Voices: A Retreat for Survivors of Clergy Abuse  
Louisville, KY  
Baltimore, MD  
Understanding the Effects of Trauma  
Maryland Victims Assistance Academy, Baltimore, MD  
Addressing Impact of Trauma in DV Work  
DE Coalition Against DV, Rehoboth, DE  
Supporting the Distressed Child  
Beverly Farms Elementary, Bethesda, MD  
Sparks Elementary School, Sparks, MD

Helping Traumatized Victims of DV  
Michigan Coalition Against DV, Lansing, MI  
Risking Connection: Supporting Trauma Victims  
Jewish Family Services, Dallas, TX  
Spirituality & Victim's Services Initiative, Baltimore, MD  
HIV/AIDS and Trauma  
Baltimore, MD  
Addressing the Needs of Traumatized Children  
Baton Rouge, LA  
Alexandria, LA  
Shreveport, LA

## 2005

Trauma & Addiction  
Univ. of MD School of Social Work, Baltimore, MD  
Risking Connection: Working with Traumatized Children  
St. Vincent's Treatment Center, Baltimore, MD  
Trauma & Spirituality  
Univ. of MD School of Social Work, Baltimore, MD  
Honoring Differences, Building Bridges  
South Carolina Coalition Agst DV and SA, Myrtle Beach, SC  
Delmar, NY  
Self-injury among School-Aged Children  
Calvert County Public Schools, Prince Frederick, MD  
Dulaney Valley SADD Club, Timonium, MD  
Elmwood Elementary, Baltimore, MD  
Harford County Board of Education, Churchville, MD  
Risking Connection Master Training  
Carroll County Local Management Board, Westminster, MD  
Understanding the Effects of Trauma in Homeless Populations  
State of Wisconsin Dept. of Commerce, Lake Geneva, WI  
Trauma and Spirituality  
PA Coalition Agst Violence and SA, Pittsburgh, PA  
Healing Voices, Baltimore, MD  
Harford County Child Abuse, Bel Air, MD  
Wellness, Burnout Prevention & Sustaining Enthusiasm  
Women's Equality Day, Perry Point VA, Havre de Grace, MD  
CHEP, Baltimore, MD  
MD Victims Assistance Academy, Baltimore, MD  
Harford County Child Abuse, Bel Air, MD  
Michigan Coalition Agst DV  
Understanding and Supporting the Distressed Child  
Cockeysville Middle School, Timonium, MD  
Anne Arundel County Public Schools Summer Institute, MD  
Maryland Pupil Personnel Conference, Ocean City, MD  
Anne Arundel County Pupil Services, Brooklyn Park, MD  
Risking Connection: Working with Trauma Survivors  
Carroll County Local Management Board and Youth Services  
Missouri State Dept of Health, Lake of the Ozarks, MO

NASW, VA  
 Baltimore City Crime Victims Initiative  
 Creating a Culture of Respect  
 Walter Reed Breast Center  
 Trauma & Suicidality  
 Univ. of Maryland School of Social Work, Baltimore, MD  
 Trauma Symptom Management  
 MD Victim's Assistance Academy, Baltimore, MD  
 Missouri State Dept of Health, Lake of the Ozarks, MO  
 Univ. of MD School of Social Work, Rockville, MD  
 Washington, DC, Rape Crisis Center  
 PA Commission on Crime, State College, PA  
 Using a Trauma Framework to Screen and Support Trauma Survivors  
 Mid-Valley Behavioral Care, Salem, OR  
 Using a Trauma Framework in Supportive Housing  
 Oregon Housing Institute, Salem, OR  
 Risking Connection in Faith Communities  
 Baltimore City Crime Victims Initiative  
 Understanding and Supporting Traumatized Girls  
 The Good Shepherd Center, Baltimore, MD  
 Helping Disaster Victims in Primary-Care Settings  
 Johns Hopkins Hospital, Baltimore, MD  
 Stress in Schools: Caring for the Caregivers  
 Bannockburn Elementary, Bethesda, MD

**2004**

Understanding Childhood Depression  
 Jacksonville Elementary, Phoenix, MD  
 Recognizing and Addressing Traumatic Stress in DV and SA  
 MD Network Agst DV, Arnold, MD  
 Trauma and Addictions  
 Univ. of Maryland School of Social Work, Baltimore, MD  
 Turnaround, Baltimore, MD  
 Risking Connection: Working with Trauma Survivors  
 Dare to Act Conference, Baltimore, MD  
 Keynote, Carroll County Response to Family Violence  
 Children Exposed to Violence  
 Dare to act Conference, Baltimore, MD  
 Trauma Symptom Management  
 Annual Meeting of the ISSD, New Orleans, LA  
 Anxiety Disorders Assoc of America Conf., Seattle, WA  
 NY State Conf, Brooklyn, NY  
 MD Victims Assistance Academy, Baltimore, MD  
 PTSD Alliance Front Line Workers Conf., Washington, DC  
 Univ. of Maryland School of Social Work, Baltimore, MD  
 ADAA Annual Meeting, Miami, FL  
 Trauma and Spirituality  
 MD Network Agst DV and MD Coalition Agst SA Conf  
 Univ. of MD School of Social Work

St Joseph's Hospital, Marshfield, WI  
Self-Care for the Helper  
Montgomery County Public Schools Crisis Team, Rockville, MD  
MD Victims Assistance Academy, Baltimore, MD  
PTSD Alliance Front Line Worker Conf, Washington, DC  
Trauma and DV  
Diakon Lutheran Social Services, Baltimore, MD  
Understanding Self-Injury Among Youth  
Health Educators Linking Parents and Students, Baltimore, MD  
Recognizing and Addressing the Effects of Trauma  
Norfolk Community Services Board, Norfolk, VA  
Catholic Charities of Maryland  
Turnaround, Baltimore, MD  
Trauma among the Homeless  
Annual PATH meeting, Washington, DC  
La Crosse, WI 2X  
Trauma and Clergy Abuse  
Healing Voices, Baltimore, MD  
Principles for Designing Health Systems of Care  
Madison, WI  
Self-Care for Workers Supporting Holocaust Survivors  
Bikur Cholim, Brooklyn, NY  
Attachment, Trauma, and Foster Care  
Mentor Maryland, Baltimore, MD  
Developing a Comprehensive Trauma Response  
Mid-Valley Behavioral Care, Salem, OR  
Risking Connection: Working with Crime Victims  
Baltimore Crime Victims Project  
Risking Connection: Working with Traumatized Children  
Center for School Mental Health Assist., Baltimore, MD

**2003–1999**

Over 140 trainings and presentations on similar topics. **Full List Available upon Request**