

# **Speaker Bios**

## **Keynote**



### **Karen Faith**

Karen is an ethnographer, strategist and CEO of Others Unlimited, an empathy training company specializing in the advanced skills of curiosity, non-judgment, and self-awareness. Her work has guided teams and initiatives at Google, Amazon, Indeed, The NBA, The ACLU, Blue Cross Blue Shield, and The Federal Reserve Bank, among others. A trauma survivor and self-appointed connoisseur of healing modalities, Karen found little relief from chronic suicidality until she began a dialogue with herself, where she found she was

not alone, neither literally nor figuratively. Her TEDx talk, How to talk to the worst parts of yourself, has received over 1M views. [Watch it here!](#)

### **Alli Broderick (They/them)**

Alli is part of a large system diagnosed with DID. They primarily spend their time doing art having at least 6 different alters with their own art style. They are involved in mental health advocacy and are on the board of directors of their local Arts society.

### **Bonnie Reed Armstrong**

Bonnie R Armstrong is an author, speaker, life coach, mental health advocate, mom, grandmother, and cycle breaker. Her book An Apparently Normal Person was published in 2023. After a long career in child welfare and youth development, she now focuses on healing, learning, writing, and advocacy. She discovered her dissociative disorder, her strong internal community, and the secrets of her childhood after a health crisis in her 50s. Their journey now includes the study of indigenous wisdom traditions and emerging science on the neurobiology of trauma and healing. Bonnie holds a master's degree in human development. She and her internal community decided several years ago that writing out their experiences was a really helpful way of making sense of things.

### **Kim Asher (she/her), MS, LPC, CCH**

Kim Asher (she/her), MS, LPC, CCH is a psychotherapist treating adolescents and adults through individual and group therapies in her private practice in Atlanta, GA. Kim has been practicing psychotherapy since 1999 and specializes in working with childhood abuse, dissociative disorders, as well as PTSD, anxiety, and depression. While Kim is trained in many modalities including Brainspotting, EMDR, RRT (Rapid Resolution Therapy) and Hypnotherapy, she uses an eclectic style of therapy. She has incorporated what she finds to be most helpful from years of training in many types of psychotherapy.

### **Rev. Lyn Barrett, M.Div., M.Ed.**

Lyn Barrett, MEd, MDiv, was diagnosed with multiple personality disorder in 1992. She founded Dissociative Writers ([www.dissociativewriters.com](http://www.dissociativewriters.com)), writes a weekly blog and newsletter, hosts a website ([www.lynbarrett.com](http://www.lynbarrett.com)), and speaks in person and on podcasts. Her memoir, Crazy: Reclaiming Life from the Shadow of Traumatic Memory, was published in 2022. She is a retired teacher, school principal, and pastor.

### **Tab+ Berger (he/him)**

Tab+ Berger is a creative and driven enablement manager with 12+ years of experience creating learning experiences and leading teams who create them. Queer, transgender, and diagnosed with DID in 2022, Tab+ strives to bring trauma-informed leadership principles to the team he manages in the tech industry. He is based in Detroit, Michigan with his two dogs Daisy and Bear.

## **Sharri Burggraaf**

Sharri Burggraaf is a wife, mother, nana and survivor of RA/MC (Ritual Abuse and Mind Control), writer and artist. First diagnosed in the early 1990's, with DID she began recovery and helped other survivors along the way. She and her husband Frank started a non-profit organization titled S.H.O.U.T. for Help (Survivors Helping Others Unite Together) and put together a National 3 day Conference in 1994 in Des Moines, IA. After a break in her recovery, she then came back more dedicated than ever to do what it takes to heal. She and her husband Frank were speakers at the 2023 "Healing Together" Conference. Sharri has been a speaker for many years, as a voice for the voiceless, speaking out for those who can't yet speak for themselves. She was the October 2023 An Infinite Mind Speaker Series presenter, and has been raising awareness of ritual abuse, mind control and sex trafficking through her YouTube Channel, website, blog, and podcast titled, "Arise and Shine After Abuse". She encourages and empowers survivors to find their voice, break the silence, and embrace the warrior within them, to realize their full potential and find their purpose through writing workshops and support groups as they find for themselves how resilient the human spirit truly is. She has a passion to share the hope she has found with others and paves the way to get on the other side of the darkness and learn how to thrive with dissociative identity while continuing her own recovery.

## **Nikia Chaney**

Nikia Chaney is a multi-genre author and artist. She has published two poetry books, *To Stir & (Word Works, 2023)* and *us mouth (University of Hell Press, 2018)*, a memoir, *Ladybug (Inlandia, 2022)*, and a short volume of science fiction, *Three Walking (Bamboo Dart, 2021)*. She teaches in Santa Cruz.

## **Cheryl MSW, MAAT, LISW-CPS, LPC, ATR-BC, RPTS, CDWF**

Cheryl is a Licensed Clinical Social Worker, Licensed Professional Counselor, Board Certified Art Therapist, Registered Play Therapist supervisor, and Certified Daring Way Facilitator—all thanks to ADHD and unhealthy coping patterns. With 25+ yrs professional experience, a lifetime of chronic illness, and healing from childhood trauma, Cheryl brings a unique perspective of healing from complex trauma from "both sides of the couch." In addition to maintaining a growing clinical group practice, Cheryl also conducts supervision and consultation sessions with professionals pursuing state social work and counselor licensure, art therapy board certification, and registered play therapy credential, often focusing on treating the complexities of trauma and growing private practice. She holds a Master of Social Work from the University of South Carolina and a Master of Art Therapy from Saint Mary-of-the-Woods College. Cheryl is a Certified Daring Way™ Facilitator and conducts The Daring Way™ and Rising Strong™ workshops based on the research of Brené Brown. When not in the therapy room, reading up on trauma-informed literature, or spending time with her three adult children, Cheryl enjoys long walks with her K9 co-therapist, Shiloh, writing, drawing, creating, and selling her artwork in her Etsy shop, CherylLynnFineArtist, building (and collecting) LEGO, cultivating roses, and perfecting her sourdough bread recipe.

## **Jonathan Cleveland, Ph.D**

Jonathan Cleveland, Ph.D. (Jon) completed his doctorate in clinical psychology at Nova Southeastern University in 2016. He is the director of adult services and director of training at a large group practice in Southwestern Ohio. He serves as clinical faculty at Wright State University's School of Professional Psychology. Over the past few years, Jon has developed a clinical training program where doctoral students and postdoctoral residents learn to work with complex trauma and dissociation. He serves on the board of directors for the International Society for the Study of Trauma and Dissociation (ISSTD), as secretary on the executive committee, and as chair of the research special interest group. Jon's published research has focused on the relationship between hypnosis and dissociation, as well as the impact of childhood disclosure of sexual abuse on adult functioning. More recently, he has initiated a research project investigating the role of early adversity, trauma and dissociation in the etiology and maintenance of hallucinogen-persisting perception disorder (HPPD). Jon is the former editor-in-chief of Trauma Psychology News. His clinical approach is psychodynamic, incorporating hypnosis, ego state therapy, havening, and EMDR.

## **Madison Clell**

The inner child movement seemed like a load of hoey to Madison Clell, so her ultimate irony was being diagnosed with dissociative identity disorder in 1992, and now even more ironically standing here in public talking about it. However, her friends and loved ones laughed in her face when she insisted she didn't have D.I.D, so after 8 years of incessant therapy she is integrated and wants to tell you all about it. She created autobiographical Cuckoo comics in 1996, followed by a CUCKOO graphic novel, and in 2009 CUCKOO the play premiered in San Francisco to sold out audiences. More information on Madison's false bravado and the Cuckoo empire can be found at [www.madisonclell.com](http://www.madisonclell.com)

## **Vivian Conan**

Vivian Conan is a writer and librarian who lives in Manhattan. A native Yorker, she grew up in a large Greek-Jewish clan in Brooklyn, graduated from Brooklyn College, and holds master's degrees from Pratt Institute and Baruch College. Her memoir about healing from a dissociative condition, *LOSING THE ATMOSPHERE*, was published in 2020. She has also written about her dissociative experiences for *The New York Times*, *New York* magazine, *Lilith*, *Narratively*, *Cleaver*, and *Dorothy Parker's Ashes*. Vivian sings with the Peace of Heart Choir (which performs free for communities in need) and has mentored teenage writers as a volunteer with Girls Write Now.

## **Dylan Crumpler**

Dylan Crumpler is a 2022 graduate of Chapman University's Dodge College of Film and Media Arts where he received a Bachelor of Fine Arts in Film Production with an emphasis in Directing and a Themed Inquiry in Leadership. His passion toward filmmaking began at a young age through the love and encouragement of his Grandma Minnie, who enthusiastically introduced him to many classics on Turner Classic Movies. Since then, he has focused on creating unique stories through a variety of genres that both entertain and spark a new sense of wonder, hope, or belonging in his audience. While at Chapman, Dylan created several films with mental health themes. Dylan grew up with a mother who has Dissociative Identity Disorder (DID). Given that DID has often been inaccurately and negatively portrayed in film and television, Dylan envisioned and created his senior thesis film, *Petals of a Rose*, at Chapman University to realistically depict a day in the life of a woman with DID. Dylan has gone on to share *Petals of Rose* at numerous conferences and educational events and has worked to expand the accessibility by having the film's subtitles translated into numerous languages. Dylan currently lives in Santa Monica, California where he is pursuing his career in film production.

## **Grady Crumpler**

Grady Crumpler is a musician, songwriter, and music producer. He graduated from UNC Chapel Hill, where he met Holly in 1985. They married in 1991 and started a family in 1998. It wasn't until 2018 that Holly was diagnosed with DID. You know someone for 33 years... and then you don't! As Holly's steadfast supporter, Grady has been attending the Healing Together conference since 2020. He wrote and recorded much of the music that was used in *Petals of a Rose*. Grady indulges himself by preparing gourmet meals with wine pairings, which he burns off with intense workouts.

## **Holly Crumpler**

Holly Crumpler is a former Tax Partner at Deloitte, an international public accounting firm, where she worked for 25 years consulting with corporations regarding their global compensation and benefit programs. In 2015 she retired due to chronic physical health issues and now focuses her time on managing her health, spending time with her family, and advocating to reduce the stigma associated with Dissociative Identity Disorder (DID). Holly was diagnosed with DID in 2018 at age 51. In 2020 with her son, Dylan, she co-wrote a screenplay about a day in the life of a woman with DID which Dylan then made into a short film, *Petals of a Rose*, for his college senior thesis film. Holly has become an enthusiastic advocate, working to share *Petals of a Rose* with people living with DID, their supporters, and clinicians around the world, including facilitating the translation of the film into multiple languages to increase accessibility.

## **Peg Eisenberg**

Peg Eisenberg has worked as an educator and with those suffering from addictions/codependency issues throughout her career. She hopes she can use her life experience, and all she has learned as someone diagnosed with a dissociative disorder/cPTSD, to help individuals and/or couples looking to work through the "ins and outs" and "ups and downs" associated with being in a relationship. Through a combination of individual therapy, couple's therapy, and individual recovery program work associated with the "later-in-life" DD diagnosis, married life, and life in general, has fewer high peaks and fewer low valleys. In 12 Step lingo, life has recently been filled with many, many "happy, joyous and free" days. "

## **Steve Eisenberg**

Steve Eisenberg is a long-time educator, but the education that has been most valuable to him has been his work overcoming issues from his family of origin with his therapist, a variety of 12 step programs including ACA and RCA, and a Men's Dialectic Skills group, where, he has developed the tools to be a supportive husband to his wife Peggy. He is most grateful for those tools, which has been in large part the reason he has gone from puzzled partner to supportive husband.

### **Kim Elbirt, PhD**

Kim Elbirt, PhD is the facilitator of the Writing-in-Place workshops for Dissociative Writers. She has been a Licensed Mental Health Counselor since 2004 and a Licensed Massage Therapist since 2007. She is certified in DBT, Nutritional Integrative Mental Health, and is a Certified Clinical Trauma Professional. After a career in Biochemistry research, she worked as an LMHC in outpatient community mental health agencies before transitioning to full time private practice in 2020. She was diagnosed with DID in 2006. She draws on both her experience as an integrative professional as well as her own lived experience as someone with DID who has been "on both sides of the room" in various levels of care to help others move toward healing and well-being.

### **Dr. Adrian Fletcher (BlenDID system)**

Dr. Adrian Fletcher is a psychologist, certified EMDR therapist, EMDRIA approved consultant, speaker, and author. She is a trafficking survivor with lived experience of dissociative identity disorder (DID). She has been working within the field of mental health for close to two decades, and has recently turned her focus to the community at large. A passionate mental health warrior, she is looking to change the perception around mental health related conditions and is standing up to stigma. She wants to inspire individuals and the community at large to become trauma informed, and to lovingly accept all parts of themselves, regardless of a mental health condition. Her parts are the proud authors of One Soul: Multiple Expressions, Poems by the Parts and podcast hosts of Braving the Way with Dr. Fletcher.

### **Rémy Jodrey Flores, MS, LCMHC**

Rémy Jodrey Flores, MS, LCMHC (they/them) is an Autistic self-advocate living with DID who currently works with a community mental health agency to provide crisis prevention and intervention services to individuals with intellectual/developmental disabilities (IDD). Rémy has over seven years of experience in the IDD and mental health field, where they have worked passionately to improve trauma-informed practices and increase the recognition of complex dissociative disorders in the IDD population. They are a graduate of the University of North Carolina at Chapel Hill, where they received a master of science in Clinical Rehabilitation and Mental Health Counseling, with a concentration in Developmental Disabilities. As a Licensed Clinical Mental Health Counselor, Rémy is especially interested in combining their lived experience with their professional training and enjoys educating and consulting with mental health professionals on topics related to autism, neurodivergence, trauma, dissociative disorders, chronic illness, and LGBTQ+ identities. Rémy lives in Durham, NC with their wife and three cats, and spends their free time listening to Bachelor recap podcasts, practicing yoga, and taking weekly trips to the library.

### **Theresa Flores MSW, LCSW**

Theresa Flores (she/ella) is a Brooklyn born, North Carolina transplant who openly identifies as a bilingual, first-generation, neurodivergent, queer Salvadoran Mexican therapist. Theresa received her Bachelors of Arts in Psychology from the University of North Carolina at Chapel Hill with a double minor in Latinx Studies and Social and Economic Justice. Theresa additionally went on to receive her Masters of Social Work at the University of North Carolina at Chapel Hill's School of Social Work. After working extensively in higher education and healthcare, Theresa established her private practice, Floreciendo Therapeutic Services, PLLC. Theresa prioritizes connecting with folks with historically marginalized identities. Theresa is deeply invested in creating spaces of learning, healing and growth for BIPOC, LGBTQIA+, and neurodivergent individuals. She works with a strength-based, affirming, non-judgmental approach and centers her work with clients around empowerment and anti-racist and anti-oppressive practices.

### **Annie Goldsmith, RD, LDN**

Annie Goldsmith, RD, LDN holds an undergraduate degree from the University of Rochester in Brain and Cognitive Sciences and attended Winthrop University for her graduate coursework in human nutrition. She has worked in eating disorder treatment at the PHP, IOP, and outpatient levels of care. She founded her group practice, Second Breakfast Nutrition, in 2015; her practice philosophy is rooted in size inclusive, trauma informed care. Annie has presented on weight-inclusive and trauma-informed care at multiple NCAND regional meetings, for EDRDPro, at the International Society for the Study of Trauma and Dissociation (ISSTD) 2022 World Conference, and at the 2023 Healing Together conference. She has a published chapter on these topics in the book "Perspectives of Dissociative Identity Response: Ethical, Historical and Cultural Issues" by Emily Christensen. She currently holds a position on the executive committee of the Eating Disorders Special Interest Group within the ISSTD and a faculty position with the Embodied Recovery Institute.

## **Noah Granade (he/him) MSW, LCSW**

Noah Granade is an outpatient psychotherapist in Charlotte, NC. Noah primarily supports individuals with complex trauma, dissociative experiences and conditions, disordered eating, and neuro-divergence. Noah is particularly passionate about serving individuals at the intersections of these experiences and transgender identities. Noah's clinical background includes work in outpatient, intensive community care, PHP, IOP, and residential settings. Additionally, Noah has worked in LGBTQ+ community organizations and currently provides training to interdisciplinary providers who serve transgender and gender-diverse clients. Noah is an active member of the World Professional Association for Transgender Health, and Charlotte Trans Health, where he currently serves as the Trans Provider Committee Chair. Noah is also a co-chair of the Charlotte Black-Jewish Alliance. Noah's clinical practice is grounded in a deep respect for individuals' complex lived experiences, their right to personal agency, and an appreciation for the ways that clients have managed to survive otherwise intolerable experiences.

## **G.Y.M.M.I.E**

G.Y.M.M.I.E. is made up of six in household forward, we are the ones who interact with the world. We are a multiple or dissociative identity many minds in one body. Or as we have come to call ourselves 'a walking celebration of community'. Each of us is an extension of the other households. We convey to the world what the others are thinking, feeling, and doing. Each of us who live in the Midst have our own way of communicating. In our past we worked as a computer technician. Currently we are working on teaching ourselves how to animate, create videos and create 3D characters and art.

Heather Scarboro (H LS) is a psychotherapist and owner of Healing Selves Therapeutics, PLLC. H LS specializes in treating DID. They have been a passionate advocate for persons living with a dissociative disorder since their own diagnosis in 2002. They currently advocate through blogs, podcasts, and presentations to propagate accurate information, education, and understanding of DID.

H LS enjoys writing, singing and jamming with their music friends in the Kirtan Bliss Band. They can also be found watching, on repeat, all renditions of Teenage Mutant Ninja Turtles and eating pizza!

## **Alicia Hann**

Alicia (she/her) is a dance educator, performer, and choreographer based out of Columbus Ohio. She fell in love with dance because of its' endless possibilities for creative physical expression. Movement has been an integral part of her personal recovery from a trauma induced eating disorder. Alicia has taught dance technique and facilitated movement experiences in therapeutic, classroom and community settings, as well as performed and set work nationally. She aims to foster an appreciation of dance as a physical, emotional, intellectual, and spiritual pursuit. Alicia serves as the director of operations for the Institute for Creative Mindfulness where she gets to combine her administrative skills with her passion for helping people find healing through self-expression with programs like Dancing Mindfulness. She takes pride in being the supportive role which allows ICM's faculty of mental health clinicians to create and train curriculum to providers, leading to therapeutic healing for their clients.

## **Ashleigh Jackson LMHC**

Ashleigh is the owner of Healing Experiences, LLC a psychotherapy practice in Melbourne, FL. Ashleigh is a licensed mental health counselor specializing in trauma and anxiety disorders, and uses modalities such as mindfulness to create a holistic therapy experience. Ashleigh is a graduate of the Yoga Garden's 200 hour Yoga Teacher Training and integrates yoga practice and philosophy into therapy to decrease the effects of prolonged stress and exposure to traumatic events. Ashleigh offers local workshops focusing on reducing stress and creating a more empowered life.

## **Jenna and the Gianu System**

Jenna is a wife, a mom, an author, and she has dissociative identity disorder. She was 35 the first time she had an inkling that she wasn't alone in her own mind. Through years of therapy, professional assessments, and diagnosis, Jenna and the system of alters (together known as the Gianu System) have been sharing their story in hopes of lessening the stigma surrounding this disorder.

## **Jonathan (Splendid Supporter)**

Jonathan and Jenna married over twenty years ago, before they knew about the rest of the system. As the system became active, Jonathan took a proactive role in learning about the disorder and how best to support the system in healing. His acceptance and insight have been key in their healing journey and have led him to help other partners of systems online.

## **Katie**

I have struggled with an eating disorder for over 20 years. I have tried every treatment option I could find only to realize I had returned to what was so familiar and safe. It was only when I found a team that was willing to collaborate with me and to approach my eating disorder with compassion and curiosity that things began to shift. For the first time all of my parts were invited to take up space and to be heard. Nothing was forced but rather offered. I had many ups and downs but with an unwavering foundation I could return to, I could continue to build rather than rebuild over and over. My recovery has been anything but conventional but really when is it ever? To limit someone's experience is to limit their life and the beauty it holds. My recovery is going to look vastly different from any other individual's on this beautiful planet but I think that there's something to be said for any shared experience. It brings us together and sheds light on something that society often though lack of understanding pushes into the shadows. You're not alone in this battle

## **Katie Keech, LMFT**

Katie Keech LMFT, has over twenty years of clinical experience in community mental health (CMH) and private practice in a range of settings. They initially worked as a volunteer coordinator for San Francisco Suicide Prevention, where they helped launch the Trevor Project (a hotline for LGBT youth) and led grief groups for people who'd lost loved ones to suicide. They have led several Emerging Adult programs that specialized in, what is termed "severe mental illness" as well as served as a supervisor for a forensic mental health program. They were previously the International Society for the Study of Trauma and Dissociation (ISSTD) Secretary where they pioneered several individual learning communities within ISSTD ranging from Transgender identities, emerging adult needs, and Neurodivergence. Since 2021, Katie has worked full time in private practice. Katie continues to provide trainings on assessing and diagnosing dissociative disorders and Emerging Adults to CMH programs. They received the City of Berkeley Mental Health Division's Mental Health Achievement Award in 2021 for this work. Katie primarily works with multiply neurodivergent individuals have complex dissociative disorders along with autism and/or ADHD as well as other divergences. Most recently, Katie co-founded the Refractory Think Tank with The Plural Association. This is a clinical community of therapists, researchers, coaches, and clinical students with personal lived experience histories of OSDD/DID/ Plurality, with the aim of improving clinical work and research from a lived experience perspective and mentoring new student clinicians.

## **Venn Khadyr**

Venn Khadyr is an artist, writer, and activist based in North Carolina. They have been on their recovery journey for almost ten years. Venn discovered their system in 2014, and instinctively turned to art and storytelling as a way to make sense of things. Through a blend of art, spirituality, and therapy, their system has found a path forward. In their spare time, they contribute to local and online recovery-oriented groups and seek to foster healing through building connections with others and spreading awareness and hope.

## **David Llewellyn LMHC**

David Llewellyn is a Licensed Mental Health Counselor and clinical supervisor in FL who specializes in working with individuals and couples who experience personal and relational challenges related to the effects of complex trauma, particularly dissociative response, in their lives. David is a 2009 graduate of FGCU and has post-graduate training in multiple models, including Clinical Hypnosis, CSAT/CMAT, DBT, DNMS, EFT, EMDR, PIT, and others. David is committed to holding a non-pathologizing stance regarding the experiences of trauma survivors.

## **Dr. Jamie+ Marich Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT**

Jamie Marich (she/they/we) began her career as a humanitarian aid worker in Bosnia-Herzegovina from 2000-2003, primarily teaching English and music. Jamie travels internationally teaching on topics related to trauma, EMDR therapy, expressive arts, mindfulness, and yoga, while maintaining a private practice and online education operations in her home base of Akron, OH. Marich is the founder of the Institute for Creative Mindfulness and the developer of the Dancing Mindfulness approach to expressive arts therapy. Marich is the author of EMDR Made Simple: 4 Approaches for Using EMDR with Every Client (2011), Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement (2012), Creative Mindfulness (2013), Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors, Dancing Mindfulness: A Creative Path to Healing and Transformation (2015), and Process Not Perfection: Expressive Arts Solutions for Trauma Recovery (2019). Marich co-authored EMDR Therapy & Mindfulness for Trauma-Focused Care along with colleague Dr. Stephen Dansiger in 2018, and their new book with Springer Publishing Healing Addiction with EMDR Therapy: A Trauma-Focused Guide released in 2021. North Atlantic Books published a revised and expanded edition of Trauma and the 12 Steps in the Summer of 2020, and they released The Healing Power of Jiu-Jitsu: A Guide to Transforming Trauma and Facilitating Recovery in 2022. Her latest release with North Atlantic Book, Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Life came out in January 2023. She has three more projects in the works with North Atlantic Books, including her personal memoir about surviving spiritual abuse called You Lied to Me About God, due out in Autumn 2024.

## **Megs with Brushstrokes & Imagination**

We found our family photo albums. We glanced at the little girl in the photos completely detached and unable to recognize the younger version of me. The more I held on to each photograph the more visible she became. The more verbal "they" were. I began listening to "their" stories. The real memories began to flood me. With all of the previous negative black & white conditional programming of my family of origin echoed in the back ground of my mind. I began to re-write my story with every brushstroke of paint. Today I have developed a more meaningful connection with my inner world. By illustrating the darkness of my childhood into today's vivid colors of courage & acceptance through strength & hope.

## **Rachel Millner (she/her), Psy.D., CEDS-S, CBTP(R)**

Rachel Millner (she/her), Psy.D., CEDS-S, CBTP(R) is a psychologist and fat-activist in Philadelphia, PA. She utilizes a fat positive, health at every size(R) framework to support people in their healing from eating disorders, disordered eating and their relationship with food and body. Dr. Millner has appeared on many popular podcasts and publications such as Food Psych and the New York Times.

## **Nameless System**

In and out of therapy, treatment centers, and different doctors for the majority of life finally finding hope and safety when I was given a chance to step away from my abusers. In the last 2.5 years I've learned about my system, about true unconditional love, and about hope. As a former teacher and current non-profit worker being a part of An Infinite Mind and the Healing Together Conference is an honor.

## **Adam O'Brien**

Adam O'Brien, PhD., LMHC, CASAC (he/they) holds a PhD in Addiction Studies and is a Licensed Mental Health Counselor and Credentialed Alcohol and Substance Abuse Counselor in New York State. He is located in Chatham (Albany/Hudson area) where he maintains a private practice and now the Wounded Healers Institute. He has experience working with addictions, domestic violence, victims of crime, first responders, veterans, children, adolescents, and adults. Adam has regularly been doing trauma resolution "Intensives" sessions and is an excellent resource on this EMDR Therapy service. He has agency, EAP, intensive outpatient, community-based settings, and residential experience. He specializes in addiction (chemical and behavioral), dissociation, complex trauma, preverbal, intergenerational, historical, medical, spiritual abuse, psychedelic integration, and harm reduction. He also has excellent experience with 12-steps, recovery, integrative medicine, bulk flash, addressing toxic shame, loss, anger, and adoption. He is well-versed in Ego State Therapy, Psychedelic Therapy, Mindfulness-Based Stress Reduction (MBSR), Dialectical Behavioral Therapy (DBT), Progressive Counting (PC), Deep Brain Reorienting (DBR), Certified Brainspotting (BSP) Therapist and Approved Brainspotting Consultant, Neurofeedback, and is a Certified Expressive Arts Therapist.

## **Monika Ostroff, LICSW, CEDS-S**

Monika Ostroff, LICSW, CEDS-S is the Executive Director of the Multi-Service Eating Disorders Association, Inc (MEDA). She has directed several residential, partial hospital and intensive outpatient eating disorder programs in addition to having owned a thriving private practice. Monika is the co-author of Anorexia Nervosa: A Guide to Recovery and a contributing author to Self-Harm Behavior and Eating Disorders. She has presented at many national conferences, taught at the university level, and appeared on many media broadcasts, publications & podcasts. Practicing from a trauma informed, social justice and staunchly HAES® aligned lens, Monika is a dedicated LGBTQIA2S+ ally and strong advocate working to ensure access to equitable, compassionate, and affirming care for all.

## **Jessica Pierfelice**

My wife and I have been together for 22 years. We live on a farm in Ohio with our cats, dogs, fish, chickens, cows and honeybees. She was diagnosed with DID 8 years ago and I knowingly met her first part shortly after. In hindsight, I had interacted with multiple parts previously, but wasn't aware. The diagnosis brought clarity to several aspects of the previous years. I now know of 7 parts of various identities and ages. We have attended the Healing Together conference together since 2019.

## **Teri Reisser, M.S., M.F.T**

Teri Reisser, M.S., M.F.T., is a Marriage and Family Therapist practicing in southern California since 1998. She volunteered as a nonprofessional counselor for two nonprofit service organizations from 1989 to 1996. She has co-authored several books, including "Your Spouse Isn't the Person You Married" and "A Solitary Loss". She developed and teaches a post-abortion recovery training seminar nationwide and was the recipient of the prestigious Los Angeles Commission on Women's "Women Helping Women" award in 1989 for her work with post-abortion women. Teri and her husband, Paul, were founding members of a nonprofit (ThinSpace Africa) which has partnered with three nonprofit groups in Uganda and the DRC to bring clean water sources, orphanages, schools, medical clinic and reconciliation between warring tribes in the DRC. They live in Thousand Oaks, California and have been married for 48 (mostly good) years. They have two grown children, four grandchildren, and a cat named "Loki" (aptly named). Teri primarily treats adult individuals and couples, with a passionate interest in understanding and treating complex trauma over the past seven years, initiated by two individuals who live with DID showing up around the same time. In addition to the sweet satisfaction of a long-settled marriage, her chief delights in life are being "Grammy" to Ella, Zion, Phoenix and Theo, painting, and going barefoot.

## **Dr. Anna Rosenhauer**

Dr. Anna M. Rosenhauer is a post-doctoral fellow working with the Detroit Trauma Project at Wayne State University in Detroit, Michigan. Under the direction of Dr. Tanja Jovanovic, Anna oversees several projects focused on exploring physiological responses to trauma and the biological impact of adversity experienced during development. She received her PhD in neuroscience from Georgia State University studying the effects of social stress and further examined the impact of ovarian hormones on fear conditioning as a post-doctoral researcher with Dr. Ebony Glover. She broadly seeks to understand the biological basis of adaptations to trauma and the physiological interplay between trauma, development, and healing. Anna is passionate about explaining scientific research to survivors and the clinicians who work with them in an easy to understand and applicable format and advocates for the necessity of including lived experience and clinical wisdom in scientific research. In her free time, you can find her practicing yoga, drinking fancy coffee, writing in her journal, or playing with her dog.

## **Larry Ruhl**

Larry Ruhl is a visual artist and writer. His work is primarily derived from a place of complex trauma with the intention of excavation and healing. Through his collages, mixed media, speaking, and writing, he explores gender, sexuality, trauma, and religion. His goal is for his work to reach others working towards emotional freedom and recovery. He is the author of Breaking the Ruhl's, a memoir about his experience with complex trauma, addiction, and ultimately recovery. His work can be seen at [www.larryruhl.com](http://www.larryruhl.com) or on Instagram at @lruhlstudio

## **Gabriell Sacks PhD**

Gabriell Sacks, Ph.D. has a background in Special Education and has worked as a music teacher, an elementary/special education teacher, an academic director, and a behavior specialist consultant. She now focuses her time on creating her psycho-structures, writing, and playing music. It took 22 years in the mental health system, multiple therapists, and close to 2 dozen hospitalizations before she received an accurate diagnosis of DID. Now, with the support of her skilled therapist, she is finally making progress in her healing, moving forward, and reclaiming her life.



## **Dr. Julia Sadusky PsyD**

Dr. Sadusky is a Licensed Clinical Psychologist in Colorado who specializes in working with individuals with dissociative disorders, complex PTSD, disordered eating, and LGBT+ experiences. She promotes a multi-disciplinary and trauma-informed model of care and is passionate about training clinicians in more effectively caring for clients with complex trauma and assisting clients in identifying safe and trusting therapeutic spaces.

## **Mx. Heather (H LS) Scarboro M.Ed., LCMHC, LCAS, NCC**

Heather Scarboro (H LS) is a psychotherapist and owner of Healing Selves Therapeutics, PLLC. H LS specializes in treating DID. They have been a passionate advocate for persons living with a dissociative disorder since their own diagnosis in 2002. They currently advocate through blogs, podcasts, and presentations to propagate accurate information, education, and understanding of DID. H LS enjoys writing, singing and jamming with their music friends in the Kirtan Bliss Band. They can also be found watching, on repeat, all renditions of Teenage Mutant Ninja Turtles and eating pizza!

## **Melanie Scarboro**

LS and Melanie have been friends since 2010, walking very different paths. In 2014 LS was introduced to traditional kirtan through their local yoga community. Soon after the 'Kirtan Bliss Band' was formed (with Lisa Lofthouse who was unable to come). Over the next several years, LS asked Melanie to attend. From the first kirtan Melanie was hooked, and soon began playing auxiliary percussion, contributing to chant arrangements, and finally managing the scheduling, finances and social media accounts of the 'Bliss Band'! The two have a formal music education background and also utilize call and response (kirtan) as a therapeutic outlet. On March 19, 2020 Melanie and LS married, solidifying their healing journey through the sacred chants of Kirtan.

## **Suritaplus**

Suritaplus is a survivor of traumatic childhood abuse. Despite the ensuing learning disabilities, she earned her bachelor's degree in early childhood education and studied Creative Arts in Education. She retired after a 44-year career and believes the combination of therapy and expressive arts is what enabled her to maintain her sanity and live. Today she identifies as musician, dancer, artist, vocalist and writer determined to let other survivors know they are not alone, they are not crazy, they can feel healed.

## **Garden System**

Garden System has earned their Master's degree in Clinical Mental Health Counseling from Hodges University. They completed their practicum at Open Doors Counseling at the Port Orange Counseling Center and their internship at Everyone's Counseling Center in Orlando. Previously, they worked as a financial advisor and as a language arts/English/reading teacher. They are happily married to their wife while raising four teenagers, four cats, one dog, one crayfish, and an aquarium overrun by snails.

## **System of Gardens and Flowers**

We are the System of Gardens and Flowers, a DID system from France with over 250 alters. We're incest and RAMCOA survivors in therapy with a wonderful therapist for the past 4 years. Although it is our first time attending the conference, we have met incredible people along our last year who have told us amazing things about it and we can't wait to attend and speak about our beloved topic. We love art & nature & singing. Body is 29 years old. Speakers will likely be Ali, Estelle or Cassie!

## **Luca Nova Webb**

Luca Nova Webb artist and art therapist, transforms personal challenges into strengths. Harnessing the power of creative expression, they navigate the intricate landscapes of the self, fostering exploration and growth. With a remarkable ability to connect on various levels, their diverse identities enrich the therapeutic process. This art therapist embraces their unique system with DID as a wellspring of empathy and insight, illuminating the path for both themselves and those they guide. Through therapeutic arts, they guide others on transformative journeys, unraveling complexities to reveal hidden strengths. This therapist's own experience with dissociative identities fuels a passion for healing, inspiring others to embrace their authentic selves. Their canvas becomes a bridge to understanding, a testament to the power of art in fostering connection and growth amid the intricacies of the human mind.

## **Wendy Whittington, LMHC**

Wendy Whittington, LMHC works in private practice in Titusville, Florida seeing adults with a variety of mental health diagnoses with a focus on trauma and Dissociative Disorders. Ms. Whittington utilizes EMDR, Internal Family Systems, and Cognitive Behavior Therapy primarily with her clients. She has had training in trauma and dissociative disorders through EMDRIA and ISSTD.

## **Frayde Yudkowsky, LSW, LMSW, CTP**

I am a wearer of many hats, both literally and figuratively... therapist, director, writer, editor, event coordinator, artist, fashionista, and a proud host of a large System. I have founded, directed, and consulted for numerous nonprofits in the mental health and social service arenas and have worked in every level of care in the mental health world. While I am proud of my many professional accomplishments and years of pro bone work, my personal journey from darkness to light, together with my many sidekicks is what makes me, ME and us, US!