

## **☞Curriculum Vitae☞**

### **Objective:**

To pave the path from trauma to transcendence through training and technical assistance

### **Summary of Qualifications:**

Applied Sociologist with demonstrated strengths, including training and education, technical assistance, and consultation, assessing organizational needs, setting strategic direction, implementing evidence-informed practices, and advocating for innovative change.

### **Experience includes:**

Trauma and Crime Victimization, Training, Education, Consultation and Technical Assistance, Crime Victim Advocacy (both community and systems), Trauma Informed Service Delivery in Spaces of Incarceration, Trauma Informed Interviewer, Probation and Parole (both adult and adolescence), Trauma Informed Leadership, Community Coordination, Multi-disciplinary Taskforce leadership, Grant Writing and Fundraising, Non-Profit Leadership, Outreach and Marketing, Program Development, Team Building, Strategic Planning

### **Education:**

**MA, Applied Sociology**, Northern Arizona University, Flagstaff, AZ (2007)

- Program development, management, and implementation
- Qualitative interview and research methods
- Applied Intersectionality (Gender and Ethnic Studies)
- Emphasis on issues of violence and social change/movements
- Graduated as a single mom
- Magna Cum Laude

### **Master's Thesis Project (2007):**

**Title:** Mamacita Activista: An Exploration of "Inspiration"

### **Methodology and Theories:**

Grounded Theory, Standpoint Theory, Photo Ethnography and Auto Ethnography

**The goal:** To explore the concepts of Inspiration and Hope.

**BA, Sociology**, Northern Arizona University, Flagstaff, AZ (2005)

- Women's and Gender Studies
- Magna cum laude

### **Comprehensive Victim Intervention Specialist: Advanced**

National Organization Victim Assistance (NOVA) (2018-present)

**Trainings of significance:**

This is not an exhaustive list of all training sessions attended. I attend multiple conferences each year and receive much additional training via webinars. The trainings listed here are of more significance:

**Victim Interviewing**

**(Cognitive Interviewing and Motivational Interviewing) (2012)**

12-hour training

Arizona Sexual Assault Network (AZSAN)

**Florida State University (2021):**

40-hour Trauma and Reliance course (Level I & II)

**Yoga Training:**

**Registered with the Yoga Alliance**

200-hour teachers training (October 2021)

Yoga ReNew

**Trauma Sensitive Yoga teacher certification (September 2021)**

(20 hours)

Yoga Medicine

**Yin Yoga teacher certification (July 2022)**

Yoga ReNew (20 hours)

**Yoga Teacher Training (2)**

200- hour teacher training (Oct. 2024-August 2025)

**Restorative Yoga (Sept 2025- present)**

30-hour training

**20-hour: NOVA Crisis Response Team Training (basic level) (2022)**

**40-hour: Trauma Informed Interviewing Course (March 2018)**

**Motivational Interviewing (MI):**

**Evidence-Based Skills to Motivate Clients Toward Change (2023)**

PESI Non-Profit Training Organization

**Integrative Medicine and Nutrition for PTSD and Complex Trauma  
(40-hours)**

PESI Non-Profit Training Organization (2023)

**Comprehensive Victim Interviewing Course**

End Violence Against Women International

(2023)

**Somatic Movement (20 hours) (2024)**  
Somatic Movement Center

**Yoga Teacher Training (200 hours) (2024)**  
Alma Yoga

**Trauma Informed Yoga (16 hours) (2025)**  
Exhale/Inhale Yoga Studio

**40-hour Mediation Course (April 2025)**  
National Association of Certified Mediators

**Work Experience:**

**Strand<sup>2</sup> Squared Solutions LLC (Nov. 2017-current)**

**Chief Servant Leader**

**Trainer and Technical Assistance**

- Comprehensive Victim Intervention Specialist: Advanced
- National Certified Mediator
- National Level Educator, Trainer, and Facilitator (in person, live webinar, and on-demand)
- Consultation and Technical Assistance
- Mixed Method Researcher and Program Evaluator
- Trauma Informed Interviewer

**•Responsibilities and Duties:**

- Researching and creating tailored training and on-demand courses
- Website development and maintenance
- Marketing
- Online training platform development and management
- Policy Review and Policy Writing
- Conference coordination
- Financial management
- Managing guest consultants and mentoring new trainers
- Lead trauma-sensitive yoga class and peer-to-peer support group

**Primary training and consultation issues:**

Crime Victimization (Domestic Violence, Intimate Partner Violence, Sexual Violence, Human Trafficking, Child Abuse, Elder Abuse, Stalking, Strangulation, Homicide, Assault, Trauma-informed Response and Care, Neurobiology/ Psychophysiological response to Trauma, Advocacy Skills and Tools (military, community an systems), Primary Prevention and Culture Change, Multi-Disciplinary Teamwork (SARTS, CCRTS, Fatality Review), Implicit Bias and Applied Intersectionality, Technology as it relates to crime, Non-profit Leadership, Trauma Informed Interviewing and Leadership Skills.

**The Hue.myn Experience (Dec. 2019-2020)****Chief barrier eliminator/ lens compicator**

- Established the 501c3
- Provided emergency financial assistance to victims of trafficking

**Victim Witness Services (VWS) of Coconino County, Flagstaff, AZ (2013-2018)****Chief Executive Officer**

- Maintained evidence based, efficient and effective agency operations
- Improved and maintained the fiscal health of the agency to include grant writing and fund development
- Ensured a trauma informed paradigm across services

**Outcomes:**

- Dramatically increased staff salary and benefits
- Opened two satellite offices, increasing services to rural and campus communities
- Nearly tripled operating budget and number of clients served in 24.7 crisis response program
- Increased paid staff/consultants from 9 to nearly 30
- Established trauma-sensitive yoga available to all victims of crime for free
- Established VWS short and long-term counseling services
- Established K-9 Advocacy program
- Updated policies and procedures to include vicarious trauma mitigation
- Established funds for “pop-up services” in Rural communities and DV mobile advocacy services
- Established funds for “emergency financial assistance” for victims of crime
- Created several cutting-edge training opportunities for first responders in Arizona

**Primary Issues:**

Death Notification, Crisis Response, Crime Victimization (Domestic Violence, Intimate Partner Violence, Sexual Violence, Human Trafficking, Child Abuse, Elder Abuse, Stalking, Strangulation, Homicide, Assault, Trauma-informed Response and Care, Trauma Informed Interviewing, Neurobiology/ Psychophysiological response to Trauma, Advocacy Skills and Tools, Primary Prevention and Culture Change, Multi-Disciplinary Teamwork (SARTS, CCRTS, Fatality Review), Implicit Bias and Applied Intersectionality, Technology as it relates to crime, Non-profit Leadership and Leadership Skills.

**Northland Family Help Center (NFHC), Flagstaff, AZ (2005-2013)*****NFHC Director of Community Based Services (CBS) (2010-2013)***

- Supervised runaway homeless youth outreach program, sexual assault and prevention programs, legal advocacy program, and CCRT/SART coordination
- Promoted and represented the agency nationally, statewide, and locally
- Provided community sexual violence prevention education
- Trained community educators
- Created several cutting-edge training opportunities for first responders in Arizona

**Primary Issues:** Primary Prevention, Domestic Violence, Sexual Assault, Sex Trafficking, Child Abuse, Runaway and Homeless Youth, Systems Reform, Healthy Relationships, Trauma-informed care and response.

***NFHC Legal Advocate, AZCLDP #81269 (2009-2013)***

- Prepared court documents for victims of crime (primarily orders of protection, divorce, and custody)
- Supported and educated women as they navigated the family court system
- Assisted victims of crime to access their victims' rights and compensation
- Provided advocacy and support to people who have experienced domestic and sexual violence

**Primary issues:** Primary Prevention, Domestic Violence, Sexual Violence, Dating Violence, Stalking

***NFHC Sexual Violence Prevention and Education Program Coordinator (2005-2009)***

- Managed four community education primary prevention programs
- Developed and implemented a men's group preventing violence
- Developed and implemented curriculum delivered to inmates in spaces of incarceration, both adults and adolescents
- Developed and implemented curriculum delivered to corrections staff on providing trauma-informed services in spaces of incarceration, both adults and adolescents
- Developed age-appropriate healthy relationship and violence prevention training programs
- Participated in the development and implementation of the Arizona Safer Bars Alliance to prevent rape

***NFHC Domestic Violence Shelter Staff (2005)***

- Provided crisis intervention and stabilization and resource referral through a 24/7 hotline and emergency shelter intake process
- Domestic Violence Advocate

***Coconino County Community College, Flagstaff, AZ (2015-2017)***

***Adjunct Faculty for the Sociology Department***

- Race/class/gender intersections
- Human sexuality and dating

***Northern Arizona University, Flagstaff, AZ (2007- 2017)***

***Adjunct Faculty for the Women's and Gender Studies Department***

- Developed and facilitated classes on: Race/class/gender, intersections, Masculinity Social Change, Crime Victimization

***Lou Corp., Flagstaff, AZ (2002-2005)***

***Case Manager***

- Provided client advocacy within various systems
- Provided community coordination for disability services
- Provided direct care and support to people with developmental disabilities

**The Protestant Guild for Human Services, Inc., Waltham, MA (1994-1996)**  
**Case Manager for clients with severe mentally illness**

- Provided client advocacy within various systems
- Participated in Human Rights regulation board
- Provided direct care and support to people with mild and severe mental illness

**Seeds of Peace, New York, NY (1995- 1996)**

**Program Facilitator**

- Facilitated workshops with teenagers from various active international war zones (primarily from Israel and Palestine), as well as youth involved in gang violence

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**Teaching and Mentoring:**

**Adjunct Faculty Member:**

**Northern Arizona University (2007-2017)**

**Women's and Gender Studies Department:**

Fall semester (2007)

- Introduction to gender violence (1 credit course)

All Spring and Fall Semesters (2010-2011)

- Introduction to Masculinity (3 credit course)

Summer Sessions (online) (2009, 2010, 2011)

- WGS 191: Gender Identity and Ethnicity (3 credit course)

Winter Sessions (online) (2009, 2010)

- WGS 191: Gender Identity and Ethnicity (3 credit course)

Fall Semester (2013)

- Introduction to Gender Violence (3 credit course)

All Spring and Fall Semesters (2007-2017)

- WGS 191: Gender Identity and Ethnicity (3 credit course)

**Sociology and Social Work Department:**

Spring and Fall Semesters (2008-2009)

- Sociology of Gender (online) (3 credit course)

**Coconino Community College (2015-2017)**

Spring and Fall (2015-2017)

- Sociology of Gender Semesters (3 credit course)

Summers (2016, 2017)

- Sociology of Race (hybrid: online and in-person) (3 credit course)

Spring and Fall Semester (2016)

- Sociology of Human Sexuality (3 credit course)
- Sociology 101 (3 credit course)

**Internship management:**

(fall and spring semesters)

**Northland Family Help Center:**

Intern Supervisor (2007-2013)

**Victim Witness Services for Coconino County:**

Intern Supervisor (2013-2017)

**Strand Holistic Innovative Forensic Techniques (SHIFT LLC)**

Intern Supervisor (2018)

**Strand Squared Solutions LLC**

Intern Supervisor (2018- 2022)

\*Note: content of classes taught is accurate but may be off by a year in either direction.

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**Notable Grants and Contracts:**

*Successful Writer who has written and/or co-written over 50 applications*

**Northland Family Help Center:**

**Assisted in grant writing from 2007-2013**

*Through grant writing and contract establishment:*

- assisted in increasing shelter funding
- assisted in creating new positions: CCRT Coordinator, additional sexual violence prevention educators, additional shelter/outreach staff
- assisted in creating a community outreach center
- assisted in securing funding for established programs

**Victim Witness Services for Coconino County**

**Primary grant writing from 2015-2017**

*Through grant writing and contract establishment:*

- more than doubled- *nearly tripled*– the operating budget
- significantly increased staff wages and benefits
- tripled the number of victims served during immediate crisis
- increased referrals from Law Enforcement agencies in the county
- secured 100% more physical working space
- opened two satellite offices (on campus and in Page, AZ)

- established funds to increase services and for “pop-up services” in rural areas
  - established new services, including counseling, trauma-sensitive yoga, K-9 advocacy
  - \$25,000 annually for emergency financial assistance to address immediate crisis needs
  - scaling from nine staff members (2013) to 27 (2018) on payroll
  - began the transition to Trauma-Informed Services
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### **Civil Court Advocacy:**

#### **Legal Advocate, AZCLDP #81269 (2008-2013)**

Arizona Certified Document Preparer

- prepared over 50 divorces and/or custody documents for victims fleeing DV
  - assisted with orders of protection, injunctions against harassment for victims of crime
  - assisted several clients with the acquisition of US documentation through both T-Visa and VAWA
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### **Publications:**

Cameo appearance with one line in the documentary:

“**Fag Bug**” by Erin Davies (2007) of Syracuse, NY, who in response to a hateful message surrounding her sexuality spray painted on her Volkswagen Beetle, embarked upon a trans-American road trip to raise awareness around LGBT+ rights and hate crimes.

Prior, Sarah and Jones, Lynn editors (2018). Investigating Difference: Human and Cultural Relations in Criminal Justice. (Ferechil, M). *Compassion Fatigue and Self-Care among Victim Advocates: Transcending self-sabotage through aggressive self-love* (pg. 124-125). Pearson. NY, NY.

#### **“The Third Persona”**

Animation created in coordination with Russell Strand and Rachel Ann Brian Animation (2019)

### **Tools Created:**

Holistic Self Care Tool (2020) (2025)

Trauma-Informed Agency Self-Assessment Tool (2021)

DEIB Agency Self-Assessment Tool (2023)

Death Notification Companion Booklet (2023)

Aiming for Safety: Harm Reduction and Safety Planning (2023)

The Advocates Guidebook to Commercial Sexual Exploitation of Children (2023)

Ground Your Nervous System Self-Regulation Cards (2025)

Human Centric Interviewing White Paper (2025)



**Blogs:**

**The Bill Cosby Dilemma (2018)**

by Myra and Russell Strand

**An Intersectional Response to Victims of Human Sex Trafficking from Marginalized Communities (2019)**

by Myra and Russell Strand

**Why do we seek to complicate? (2019)**

By Myra and Russell Strand

**Understanding the Psychophysiological Response to Trauma on Body and Brain: 8 tips to consider when something traumatic occurs**

By Myra Strand and Emily Ambrose

**Fostering a sense of belonging in the Outdoor Industry (2024)**

By Myra Strand

**Human Centric Interviewing (Dec 2024)**

By Myra Strand

**Safety Planning Using Decision Trees (Nov 2024)**

By Myra Strand

**Poly Victimization October 2024**

By Myra Strand

**Erasing their future possibilities (Sept 2024)**

By Myra Strand

**Porn and Violence: A Critical Examination (August 2024)**

By Myra Strand

**Podcasts:**

Embracing Technology in a COVID-19 World (June 2020)

Behind the Cloak of Darkness: The impact of Porn (Aug 2020)

COVACON 2020: Intersectionality (Sept 2020)

Why trauma sensitive yoga works part 1 & 2 (Feb 2023)

Let's talk about Trauma (Jan. 2025)

## **Volunteer Service:**

### **Volunteer at Kinsey Elementary (2002, 2003)**

- teaching 6<sup>th</sup> graders basic sociology
- teaching with the “Master Arts” Program

### **Volunteer at Pine Forest Elementary School**

- teaching with the “Master Arts” Program (2005, 2006)
- teaching fundamental neuroscience to fourth graders (2019)

### **Volunteer for ASU Sex Trafficking Research Lab**

- data Collection in Las Vegas (40 hrs.) (2017)

### **Volunteer for Project Starfish**

- “Pop-up Center” serving victims of human sex trafficking (2017)

### **Volunteer for Trauma Interviewing Training Company**

- information booth: International Association of Chiefs of Police Conference (2018)

### **Volunteer Webmaster for St. Johns Church**

- built and maintain website: [www.stjohnscornwallny.com](http://www.stjohnscornwallny.com)

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## **Yoga Instruction:**

### **Trauma Sensitive Yoga Instructor**

Local DV Shelter (2022- 2024)

### **Substitute Instructor for Alma Yoga (2025-present)**

### **Crimes Against Women Conference 2022, 2023, 2024,2025**

Delivered four 1-hour sessions of trauma-sensitive yoga to conference participants

### **NOVA Conference 2022**

Delivered a 1-hour session of trauma-sensitive yoga to conference participants

### **Violence Free Minnesota 2024, 2025**

Delivered 2 1-hour sessions

Delivered 3 1-hour sessions

### **Colorado Sexual Assault and Domestic Violence Offenders Conference 2025**

Delivered 2 1-hour sessions

### **Michigan Justice for Children Conference 2025**

Delivered 2 1-hour sessions

## **South Padre Island Crimes Against Women Conference**

Delivered 2 1-hour sessions

### **Ocean Healing:**

Hosting Trauma Informed Snorkeling

South Padre Island Crimes Against Women Conference

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### **Systems Improvement:**

#### **Coconino Coordinated Community Team (CCRT) lead role (2007-2017)**

These successes belong to several amazing people who worked together to bring change to their community.

- established the Domestic Violence Fatality Review Board (2007)
  - City/County collaboration later became the state model
  - The team hosted a community safety audit that revealed a need to utilize trauma-informed interviewing.
- secured funding to hire and supervise a CCRT Coordinator (2008-2013)
  - assisted in establishing the local SART as a subcommittee to the CCRT
  - assisted in conducting a SART review of 2012 sexual assault cases
  - assisted in coordinating a regular rural advocate meeting in Cameron, Arizona
  - assisted in streamlining first responder protocols for DV and SA
  - participated in the establishment of local law enforcement DV risk assessment tool
  - participated in the establishment of a local hospital DV risk assessment tool
- participated in establishing funds for DV strangulation exam (Coconino County, BIA, FBI, and Parks)
- participated in establishing forensic exams in Page, Arizona
- assisted the International Chief of Police Association on the CCRT training video
- established a Human Sex Trafficking task force

#### **CCRT Annual 2-day State Leadership Working Summit (2014, 2015)**

Assisted in coordination and follow-up accountability:

*•Goal: to bring local and state leaders into the same room to work on issues of violence in Coconino County. Each person was given the responsibility to improve upon the system, and there was 6 and 9 month report outs of progress.*

#### **CCRT Annual Native American Summit (2010, 2012,)**

Assisted in coordination:

*\*Goal: to collaborate with Tribal Community Leaders and Neighbors around issues of violence*

#### **Coconino County Probation Department (2017)**

- Assisted in providing training through creative expression to people on probation
- Assisted in providing trauma-informed training to probation officers
- Provided trauma-informed interviewing to people on probation, exploring complicated experiences to be articulated through art

## **Murdered and Missing Indigenous Policy Forum (2019)**

### **Death Investigation and Fatality Review Board Improvement (2019)**

Virtual Taskforce focused on reviewing unattended death investigations and death review board standards, models, and success rates.

### **Trauma Informed Care Toolkit (2019)**

Virtual Taskforce focused on creating a toolkit simplifying the implementation of Trauma Informed Care within the criminal justice system.

## **Professional Consultation and Technical Services:**

### **Client: Trauma-Informed Interviewing Training Company**

- assisted with the coordination of training videos (2018)

### **Client: Star Tribune**

- audited Sexual Assault police reports for the “Denied Justice” 8- part of journalism Series (2018)

### **Client: Victim Witness Services for Coconino County**

- Coordinated Conference:

#### **Trauma to Transcendence: Sexual Violence** (Phoenix, Arizona 2018)

Russell Strand (Trauma Informed Interviewing)

David Lisak (Sex Offenders)

Chris Wilson (Neuroscience of Trauma)

Susan Moen (The You Have Options Program)

Rebecca Fears (Forensic Nursing)

Johanna Gatz (SART Teams)

- Goal: to improve systems response specific to sexual violence in Arizona*

### **Client: Hollywood Television Writer**

- assisted in providing professional insights in writing a “pilot episode” and possible season one. The pitch’s content involved a show centered around Trauma Informed Policing utilizing neuroscience and other creative policing techniques. The work was pitched to many Hollywood producers (2018)

### **Client: National Organization for Victims**

- assisted in coordinating and implementing a 20-hour professional training on human sex trafficking for advocates (2019)
- assisted in a proposal for training and services for a major airline company
- Created train a trainer presentation on empathetic communication
- assisted in providing tailored training to major rideshare company

### **Client: Arizona rafting company**

- assist with response to violence during river trips

- assist with policy response (2019)
- assist with training on critical incidence stress response after mass casualty

**Client: Utah rafting company: (2020)**

- provided training and education on sexual harassment and diversity and inclusion

**Client: Southeast and Carolinas Outdoor Center (2020)**

- provided training and education on sexual harassment and diversity and inclusion

**Client: Large Homeless Shelter (2021-2023)**

- assisted in transitioning towards being trauma-informed and healing-centered
- provided training
- agency assessment
- strategic planning and logic model usage
- support and coordination along the way

**Client: State Coalition of Child Advocacy Centers (2023)**

- provided Diversity, Equity, Inclusion and Belonging training
- agency assessment
- strategic planning and logic model usage
- support and coordination along the way

**Client: State Coalition (2023)**

- provided four foundational webinars on CSEC
- provided four skillset webinars for CSEC workers
- creation of the CSEC toolkit

**Client: Large rafting company (2023)**

- provided advocacy training

**Client: State Probation and Parole Board (2023)**

- provided several trainings on trauma-informed and healing centered services to corrections staff
- provided several trainings on professional wellness and organizational trauma to corrections staff
- provided training on safety planning and harm reduction to corrections staff
- provided training on trauma and self-care while incarcerated to inmates at Angola Prison and LCIW

**Clients: People who have experienced Trauma and/or Victimization**

- reviews police records, court records and advocacy services
- provides qualitative methodology
- provides safety planning and lethality assessment
- provides exit planning
- provides case management

- provides trauma-informed interviewing

**Clients: People with complicated experiences**

- provides qualitative methodology, human-centric resources, and advocacy services
  - provides trauma-informed interviewing
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**Professional Memberships:**

- Board Member: New York State Coalition Against Domestic Violence (NYSCADV) (2024- Present)
- ADASH Collaborative: Outdoor Communities focused on sexual assault (2019-2024)
- Advisory Board Member: End Violence Against Women International (2017- 2018)
- Member of ACESDV legislative policy committee (2014-2018)
- Chair Coconino County Coordinated Community Response Team (2007-2017)
- Member of the Coconino County Child Fatality Review Team (2017- 2018)
- Member Sexual Assault Response Team (2007-2018)
- SARV task force (Sexual Assault Relationship Violence for NAU) (2007-2018)
- Coconino County Criminal Justice Coordinating Council (2013-2018)
- Founder Coconino County Fatality Review Board (2007-2009)
- Co-Chair of the Children of Incarcerated Parents (2011-2013)

**Honors and Awards:**

2017 “featured Latina” for work bringing training on Trauma Informed Interviewing to Arizona: Latinas Rising and Arizona Community Foundation  
 2015 winner of the Women of Excellence Award presented by the Flagstaff Soroptimist  
 2013 winner of the Ruby Award presented by the Soroptimist Mountain Morning  
 2012 winner of the Community Partner award presented by the WGS of NAU  
 2007 winner of the Moral Courage award presented by the Martin Springer Institute

**Conferences, Trainings, Workshops and Summits Coordinated:**

Northland Family Help Center Educator:  
 Created: **The MARS Project** (2007)  
 Men Against Rape and Sexism  
 Coordinated: The MARS Project (2007-2009)  
 Supervised Coordinator: (2010-2013)  
 Engaging College Men as Peer Educators and Allies  
 Annual 40 -hour Sexual Violence Prevention Education Peer to Peer Course  
 (2007, 2008, 2009)  
 •Goal: *to train college students to be peer educators*

**Jackson Katz** to Northern Arizona University (2007, 2012)

•Goal: *to explore masculinity, male allies, and violence*

Annual “**Mother /Daughter Empowerment**” workshop (2007, 2008, 2009)

Panel of community presenters

•*Goal: to empower mothers and daughters to work on healthy body image, violence prevention, healthy relationships*

**Byron Hurt** to Northern Arizona University (2008)

•*Goal: to explore masculinity, male allies, and violence*

Northland Family Help Center Educator:

**Positive Youth Connections**

Provided multi-session training to middle and high school kids (2008, 2009,2010)

Teen Dating Violence Prevention and Healthy Relationships

Supervised Educators (2011, 2012, 2013)

Media Literacy Summer Camp (2012)

Northland Family Help Center Educator:

**The P.E.A.C.E. Project**

Prevention Education and Creative Expression

Theater Troupe tackling issues of teen violence

Coordinated Troupe in 2008

Supervised Project Coordinator (2009, 2010)

**Andrea Smith and Mishuana Goeman** (2009)

\*Goal: to explore the intersection between violence and Native Americans

**Michael Kimmel** to Northern Arizona University (2010)

•*Goal: to explore masculinity, male allies, and violence*

Northland Family Help Center Educator:

**Coconino County Adult Detention Center** (both men and women)

20 hours per month (2010, 2011, 2012)

Topics: Domestic Violence, Sexual Violence, Masculinity, Intersectionality, Healthy Relationships, Gender Issues, LGBT+, Media Literacy, Issues of Consent

Northland Family Help Center Educator:

**Coconino County Juvenile Detention Center** (both male and female)

10 hours per month (2010, 2011, 2012)

Topics: Domestic Violence, Sexual Violence, Masculinity, Intersectionality, Dating, Healthy Relationships, LGBT +, Media Literacy, Consent

Northland Family Help Center Educator

**Coconino County Adult Detention Center** (Corrections Staff)

Annually: (2010, 2011, 2012)

Topic: Providing Trauma-informed services

Northland Family Help Center Educator:  
**Coconino County Juvenile Detention Center** (Corrections)  
Annually: (2010, 2011, 2012)  
Topic: Providing Trauma-informed services

Northland Family Help Center Educator:  
Assisted in creation of: **The BARS Project** (2010)  
Supervised Coordinator (2010-2013)  
Bars Against Rape and Sexism  
Prevention education for alcohol-serving establishment  
Conducted focus groups across the states in 2010, 2011  
Note: This has since evolved into the Arizona Safer Bars Alliance

**Tequila Sunrise Outreach** (2011, 2012, 2013)  
(annual homecoming tradition of opening downtown alcohol-serving establishments at 6 am attracting over a thousand college students from across the state)  
•administered survey on rape myths, rape culture, and belief systems  
•administered a survey on the elements of sexual consent  
Incentives: Gatorade, Breads, Pizza and Pastries  
Note: Outreach is still conducted annually

**Human Sex Trafficking**  
(Flagstaff, Arizona 2012)  
International Expert: Dr. Dominique Roe-Sepowitz  
•*Goal: to improve response specific to Human Sex Trafficking in Coconino County*

**Teen Conference: Healthy Relationships**  
In collaboration with the Soroptimists  
(Flagstaff, Arizona 2015)  
Local Experts  
15 presenters  
3 keynote presentations  
150 attendees  
•*Goal: to start a community conversation around the topic of Teen Dating Violence*

**Neuroscience of Trauma, Trauma Informed Interviewing and Report Writing**  
(September 2015)  
In Collaboration with Prescott Police Department  
International Expert: Russell Strand  
Two Presentations, Two Days: Prescott, Arizona and Flagstaff, Arizona  
•*Goal: to teach first responding criminal justice community in Yavapai and Coconino Counties about the neuroscience of trauma, trauma-informed interviewing and report writing to improve systems response*



### **Trauma-Informed Interviewing**

In Collaboration with Prescott Police Department  
(Sedona, Arizona 2016)

International Expert: Russell Strand

•Goal: to teach first responding criminal justice community in Yavapai and Coconino Counties about neuroscience of trauma, trauma-informed interviewing to improve systems response

### **Warrior Women's Conference**

In collaboration with the Soroptimists  
(Flagstaff, Arizona 2017)

Local Experts

14 presenters

3 keynote speakers

175 attendees

\*Goal: to inspire and empower women in the greater Flagstaff area

### **Trauma-Informed Interviewing**

In Collaboration with Yavapai Prosecutors Office  
(Camp Verde, Arizona 2017)

International Expert: Russell Strand

Two Presentations, Two Days:

Yavapai Criminal Justice Community and Camp Verde Police Department

•Goal: to teach first responding criminal justice community in Yavapai County about the neuroscience of trauma, trauma-informed interviewing to improve systems response

### **Trauma-Informed Interviewing and Human Sex Trafficking**

(Flagstaff, Arizona 2017)

International Expert: Russell Strand

•Goal: to teach first responding criminal justice community in Coconino County about the neuroscience of trauma, trauma-informed interviewing to improve systems response specific to Human Sex Trafficking

### **Human Sex Trafficking**

(Flagstaff, Arizona 2017)

International Expert: Dr. Dominique Roe-Sepowitz

•Goal: to improve systems response specific to Human Sex Trafficking in Coconino County

### **Beyond the Status Quo: Trauma Responsive Investigation and Prosecution Emphasis Sexual Assault**

(Phoenix, Arizona, 2019)

•Goal: to improve systems response specific to Sexual Violence in Arizona

**Professional In-Person Presentations:**

**Domestic Violence 101**

Flagstaff Community Workshop (2005)

**Sociology of Truth: The Absurdity**

American Sociological Association Conference (2006)

**A Long Time Coming: A Latinx Voice**

Northern Arizona University Intersectionality Conference (2006)

**Teen Dating Violence Prevention**

Audience: Teens

Family Resource Center (2006, 2007)

**Teen Dating Violence Prevention**

Audience: Parents/Guardians

Family Resource Center (2006, 2007)

**Domestic Violence 101**

Flagstaff Community Conference (2006)

**Engaging Men as Allies in Sexual Violence Intervention**

Arizona Coalition Victim Services Conference (2008)

**Empire Beauty School**

Annual Sexual Violence Prevention Workshop (2009, 2010, 2011, 2017)

**An Intersectional Approach to Understanding Sexual Violence**

**A Latinx Voice**

Four Corners Conference (2010)

**Flagstaff Leadership Program**

Intersectional Panel: Representing “A Latinx Voice” (2011, 2012, 2013)

**Victims of Crime Intervention**

County Attorneys Citizens Academy (2013)

**The Arizona Safer Bars Alliance**

National Sexual Assault Conference (2013)

**Victims of Crime Intervention**

Flagstaff Police Department Citizens Academy (2013, 2014, 2015, 2017)

**DV Strangulation**

Flagstaff Bar Association (2015)

**Trauma-Informed Interviewing**  
Northern Arizona Leadership (2015)

**An Intersectional Approach to Understanding Sexual Violence in the US**  
Arizona Coalition Against Domestic and Sexual Violence Conference (2015)

**The Neurobiology of Sexual Violence**  
Northern Arizona Regional Behavioral Health Association Leadership (2015)

**Beyond the Burning Bed: What Does Justice Look Like for a Victim of Abuse Who Commits a Crime Against an Abuser?**  
End Violence Against Women International Conference (2016)

**An Intersectional Approach to Understanding Sexual Violence in the US**  
Arizona Alliance of Community Health  
Sedona, Arizona (2016)

**An Intersectional Approach to Understanding Sexual Violence in the US**  
Arizona Alliance of Community Health  
Phoenix, Arizona (2016)

**The Neurobiology of Sexual Violence**  
Northern Arizona Department of Public Safety (2016)

**Trauma-Informed Interviewing**  
Arizona Community Foundation/ Latinas Rising (2017)

**Vulnerability and Failure: My Leadership History**  
Northern Arizona Regional Behavioral Health Association Leadership (2017)

**Trauma-Informed Car Behind Bars**  
Yavapai County Corrections (2017)

**Peep Behind the Curtain- Porn and its Impact on Intimate Partner Violence**  
End Violence Against Women International Conference (2018)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions** (Presentation one)  
**An Intersectional Approach to Understanding Sexual Violence in the US**  
(Presentation two)  
**Vicarious Trauma Mitigation** (Presentation three)  
Idaho Council on Domestic Violence (2018)

**Critical Incident Stress Debriefing** (Presentation One)  
**Marital Sexual Assault** (Presentation Two)  
MOPS (Missouri Office of Prosecution Services) Spring Conference (2018)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
Arizona Alliance of Community Health (2018)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
•Working with people with disabilities  
NYS Justice Center for the Protection of People with Special Needs (2018)  
**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
Arizona Confidentiality Conference (2018)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
Arizona Farm Workers Coalition Conference (2018)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
•Working in the Medical Community  
•Working in the Criminal Justice Community  
Westchester Medical Center Health Network: Public Safety Summit (2018)

**Trauma-Informed Response and Care**  
**Intersectionality and Neuroscience**  
**Professional Wellness**  
**More than being nice and asking open-ended questions**  
(Full day)  
MOPS (Missouri Office of Prosecution Services) (2019)

**Sexual Violence: A Change in the Conversation**  
**Colleges and Universities**  
Campus Safety and Violence Prevention Coordinator, Division of Law Enforcement  
Virginia Department of Criminal Justice Services (2019)

**Trauma-Informed Response and Care:**  
**More than being nice and asking open-ended questions**  
Greenville University (2019)

**Adult Male Sexual Assault** (Presentation one)  
**Slut Shaming and Rape Culture** (Presentation two)  
**Trauma-Informed Response and Care:**

**More than being nice and asking open-ended questions** (Presentation three)  
Seymour Johnson Airforce Base (2019)

**Sexual Assault Culture Change: Building a world that doesn't exist**  
(Presentation One)

**Online Turn-on- Offline Injustice** (Presentation Two)

**Understanding Sex Offenders: The hunter and the hunted** (Presentation Three)  
Fort Eglin (2019)

**Peep Behind the Curtain- Porn and its Impact on Intimate Partner Violence**  
End Violence Against Women International Conference (2019)

**Peep Behind the Curtain: Porn and its Impact on Intimate Partner Violence**  
(Presentation One)

**Investigating Recantations** (Presentation Two)

**Trauma Responsive Investigation and Prosecution** (Presentation Three)

**Professional Wellness: Its more than Vicarious Trauma Mitigation**  
(Presentation Four)

**"You Can't Make this Stuff Up"** (Presentation Five)  
Crimes Against Women Conference (2019)

**Neuroscience, High Stress and Trauma** (Presentation One)

**Deception Detection** (Presentation Two)

**Trauma Responsive Investigation and Prosecution** (Presentation Three)  
Downstate Child Abuse Conference (2019)

**Sexual Harassment: River Guides and the Grand Canyon**  
AzRA Company (2019)

**Sex Offenders: the Hunter and the Hunted** (Presentation One)

**Culture Change: Building a community that does not exist** (Presentation two)  
Fort Schofield (2019)

**Trauma-Informed Response and Care** (Full day)  
South Dakota Network Against Family Violence & Sexual Assault

**Trauma Responsive Investigation and Prosecution** (Full Day)  
Morris Minnesota (2019)

**Trauma Responsive Investigation and Prosecution** (Full Day)  
Willmar Minnesota (2019)

**Peep Behind the Curtain: Porn and its Impact on Intimate Partner Violence**  
NOVA conference (2019)

**Trauma Responsive Investigation and Prosecution (TRIP)** (Presentation One)  
**Male Sexual Assault** (Presentation Two)  
**Sex Offenders: The Hunter and the Hunted** (Presentation Three)  
New York State Probation Association Conference (2019)

**Trauma-Informed Response and Care** (Full day)  
Missing and Murdered Dine Relatives Forum (2019)

**Trauma-Informed Response and Care** (Presentation One)  
**Trauma Responsive Investigation and Prosecution** (Presentation Two)

**Sexual Assault Culture Change: Building a world that does not exist**  
(Presentation Three)  
Fort Minot (2019)

**Trauma Responsive Investigation and Prosecution** (Full day)  
Brewster, NY (2019)

**Professional Wellness: Beyond Vicarious Trauma**  
**Organizational Trauma and Healing** (half day)  
Missoula (2019)

**Victimology** (Presentation One)  
**Trauma Responsive Investigation** (Presentation Two)  
NASA: National Aeronautics and Space Administration (2019)

**Safety Planning and Non-Clinical Lethality Assessment** (Presentation One)  
**Online Gaming and its Effects** (Presentation Two)  
**Responding to Trauma** (Presentation Three)  
**Trauma-Informed Advocacy and Response** (Presentation Four)  
**Professional Wellness: Beyond Vicarious Trauma** (Presentation Five)  
Fort Bragg (2019)

**Opening Plenary**  
**Implicit Bias and Applied Intersectionality**  
JuST Conference  
Shared Hope (2019)

**How to make the most of your Advocacy** (Presentation One)  
**Peep Behind the Curtain: Porn and its Impact on Intimate Partner Violence**  
(Presentation Two)  
Violence Against Women: Restoring the Balance Conference  
Bemidji, MN (2019)

**Implicit Bias and Applied Intersectionality** (Presentation One)  
**Trauma Informed Response and Care** (Presentation Two)  
**Where there is dark, there is light** (Closing Plenary)  
COVA Conference  
Keystone, CO (2019)

**Where there is dark, there is light** (Inspirational speech)  
The Landing Breakfast  
Houston TX (2019)

**Trauma-Informed Response and Care  
Including Culture Change**

**Including Human Sex Trafficking** (Full day)  
Emporia, Kansas (2019)

**Trauma-Informed Response and Care** (Presentation One)  
**Professional Wellness** (Presentation Two)  
**How to “be Trauma-Informed”** (Presentation Three)  
**The dangers of Online Dating and Porn** (Presentation Four)  
Dayton, Ohio (2020)

**Stalking and Intimate Partner Violence** (Presentation One)  
**Human Sex Trafficking** (Presentation Two)  
Lyft  
Nashville, Tennessee (2020)

**Implicit Bias and Applied Intersectionality** (Presentation One)  
**Professional Wellness and Organizational Trauma** (Presentation Two)  
Ute Tribe  
Ignacio, Colorado (2020)

**Trauma-Informed Response and Care** (Presentation One)  
**Responding to Complex Trauma** (Presentation Two)  
Shaw AFB  
South Carolina (2020)

**Healthy Masculinity: It’s More than Diet and Exercise**  
21<sup>st</sup> Annual Fathers and Families Conference  
Los Angeles, CA (2020)

**Human Sex Trafficking**  
Lyft  
Nashville Tennessee (2020)

**Slut Shaming and Rape Culture**

NOVA (National Organization for Victim Assistance)

April (2019)

Live Webinar

**Trauma Informed Response and Care: Human Sex Trafficking**

NOVA (National Organization for Victim Assistance)

(February 2020)

Live Webinar

**Safety Planning and Lethality Assessment**

(April 2020)

Live Webinar

**Online Gaming: and the Implications of Crime:**

(April 2020)

Live Webinar

**The Strand Squared April 2020 Training Trilogy:**

-Applying the Art of War to understand Offender Behavior better

-The Art of War for Investigators and Prosecutors

-The Art of War for Advocates

Live Webinar Series

**Pornification: The impact on Criminal Justice:**

(May 2020)

Live Webinar

**Organizational Trauma and Healing:**

(May 2020)

Live Webinar

**Stalking/ Human Trafficking: Bystander Education**

Lyft

NOVA (National Organization for Victim Assistance) (June 2020)

**Human Trafficking**

NOVA (National Organization for Victim Assistance) (June 2020)

Live webinar

**From Light to Dark**

The Crimes against women conference

Dallas Texas (June 2020)

**Complex Trauma (session one)**

**Coordination between Law Enforcement and Advocates (Session Two)**

**#Mentoo: Male victims of sexual violence (Session Three)**



**How to make the most of your advocacy** (Session Four)  
Wyoming Conference (June 2020)

**Holistic Professional Wellness** (Session One)  
**#Mentoo: Male victims of sexual violence** (Session Two)  
**Pornification: Its impact** (Session Three)  
Pennsylvania (June 2020)

**Implicit Bias and Applied Intersectionality**  
Strand Squared Production (July, 2020)  
Live Webinar

**Implicit Bias and Applied Intersectionality**  
NOVA Conference (July, 2020)

**Sexual Harassment to Assault: at work** (Session One)  
**Military Organizational Trauma** (Session Two)  
South Dakota National Guard (July, 2020)  
Live Webinar

**Implicit Bias and Applied Intersectionality**  
South Dakota office of diversity, inclusion, and equal opportunity (July 2020)  
Live Webinar

**Implicit Bias and Applied Intersectionality** (Presentation One)  
**Organizational Trauma and Healing** (Presentation Two)  
**#Men too: Male Victimization** (Presentation Three)  
Krimes against children conference  
Orlando, Florida (August 2020)  
Live Webinars

**Organizational Trauma and Healing**  
Idaho VOCA (August 2020)  
Live Webinar

**How to be Trauma Informed and handle Disclosures**  
A-DASH task force team (Sept. 2020)  
Live Webinar

**Stalking**  
National Organization of Victim Assistance (October 2020)  
Live Webinar

**Full day of Implicit Bias, the Brain and Intersectionality**  
COVA Conference (October 2020)  
Live Webinar

**Trauma-Informed Leadership**

COVA Conference (October 2020)

Live Webinar

**Online Gaming and its relationship to crime**

COVA Conference (October 2020)

Live Webinar

**Human Trafficking: Every day in Every Town**

National Organization of Victim Assistance (October 2020)

Live Webinar

**Mental Health and Domestic Violence**

Florida Conference (October 2020)

Live Webinar

**If Only We could Master Complex Trauma**

Florida Conference (October 2020)

Live Webinar

**Implicit Bias, the Brain and Intersectionality**

Florida CAC (November 2020)

Live Webinar

**#Men Too: Male Victimization**

Pennsylvania Conference (November 2020)

Live Webinar

**Implicit Bias, the Brain and Intersectionality**

South Dakota Conference (November 2020)

Live Webinar

**Human Trafficking: Every day in Every Town**

Pennsylvania Conference (November 2020)

Live Webinar

**Implicit Bias, the Brain and Intersectionality**

Safe Sport (December 2020)

Live Webinar

**Stalking and IPV on College Campuses**

NOVA (January 2021)

Live Webinar

**Professional Wellness and Organizational Trauma**

Florida Attorneys Organization (January 2021)

Live Webinar

**Trauma-Informed Response and Care in Human Sex Trafficking Cases**

NOVA (February 2021)

Live Webinar

**Sexual Harassment in the Workplace**

Mild to Wild rafting and jeep tours (February 2021)

Live Webinar

**From Diversity to Inclusion**

Mild to Wild rafting and jeep tours (February 2021)

Live Webinar

**Sexual Harassment and Discrimination**

National Parks Services (February 2021)

Live Webinar

**Stalking and IPV**

**\*Delivered presentation twice**

HAVIN PA (February 2021)

Live Webinar

**The Hunted and the Hunter**

**\*Delivered presentation twice**

HAVIN PA (February 2021)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality**

**\*Delivered presentation twice**

HAVIN PA (February 2021)

Live Webinar

**Human Sex Trafficking**

**\*Delivered presentation twice**

HAVIN PA (February 2021)

Live Webinar

**Understanding Sex Offenders (Session One)**

**Behind the Cloak of Darkness: Porn and Crime (Session Two)**

**Heart Betrayed: When DV and Trafficking Intersect (Session Three)**

Conference on the Management of Adult Sex Offenders and Juveniles Who Commit Sexual Offenses (February 2021)

Live Webinar

**Sexual Harassment and Discrimination**

Nantahala Outdoor Center (March 2021)

Live Webinar

**Professional Wellness and Organizational Trauma**

CAC Child abuse conference (April 2021)

Live Webinar

**Men Too (presented twice)**

Yokota Air Base (April 2021)

Live Webinar

**Trauma-Informed Response and Care**

SOS Inc (April 2021)

Live Webinar

**Voluntary Intoxication: It does not mean consent**

CCAW (April 2021)

Live Webinar

**Collaboration Safety: Safety Planning and Non-Clinical Lethality Assessment**

CCAW (April 2021)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality**

Denver City Attorney's Office (April 2021)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality (Presented Three Times)**

New Jersey (May 2021)

Live Webinar

**Men Too (Presentation One)**

**Professional Wellness and Organizational Trauma (Presentation Two)**

**Culture Change (Presentation Three)**

Minot AFB (May 2021)

Live Webinar

**Human Trafficking (presented twice)**

NOVA (May 2021)

Live Webinar

**Trauma Informed Response and Care for MDTs**

Rhode Island (June 2021)

Live Webinar

**Professional Wellness and Organizational Trauma (keynote)**

Colorado (June 202)

Live Webinar

**Men Too (part one and part two)**

Colorado (June 2021)

Live Webinar

**Strategic Planning for Trauma Informed Leaders**

**Implicit Bias and Intersectionality (part one)**

**Implicit Bias and Intersectionality (part two)**

Krimes Against Children Conference

Orlando, Florida (July 2021)

**Date Night in Vegas:**

**A Case Study of a Husband and Wife who Experienced the 2017 Las Vegas Shooting**

OVS Conference NY, NY (July 2021)

**Sexual Violence Culture Change**

Hawaii: Camp Schofield (July 2021)

Live Webinar

**Implicit Bias and Intersectionality through Case Study**

City of Denver (July 2021)

Live Webinar

**Ethics for professionals who work with trauma and victimization (delivered twice)**

(Presentations one and two)

**Implicit bias and Applied Intersectionality (Presentation three)**

**Work with people with complex trauma (Presentation four)**

NOVA Conference (Sept. 2021)

**Professional Wellness and Organizational Trauma (Presentation One)**

**Trauma-Informed Leadership (Presentation Two)**

**Military Families and Domestic Violence (Presentation Three)**

**Sexual Harassment and Culture Change (Presentation Four)**

Ohio Air National Guard (Sept. 2021)

**Implicit Bias and Applied Intersectionality**

NOVA (October 2021)

Live Webinar

**The Signs of Domestic Violence**

Fort Benning

NOVA (October 2021)

Live Webinar

**Implications of technology and crime investigation**

New Jersey Police (October 2021)

Live Webinar

**Human Sex Trafficking**

NOVA (October 2021)

Live Webinar

**Bystander through a lens of empathy**

Fort Benning

NOVA (October 2021)

Live Webinar

**Trauma-Informed Response and Care (delivered 3 times)**

Maryland (November 2021)

Live Webinar

**Trauma-Informed Response and Care (daylong training)**

Pennsylvania (November 2021)

Live Webinar

**Implicit Bias and Applied Intersectionality**

Colorado (November 2021)

Live Webinar

**Pornography as it relates to crime victimization**

Battering Intervention Programs (November 2021)

Michigan

**Interpersonal Stalking and Intimate Partner Violence**

NOVA (January 2022)

Live Webinar

**Trauma-Informed Response and Care for Victims of Human Sex Trafficking**

NOVA (January 2022)

Live Webinar

**Death and Notification**

Pilot Training (January 2022)

Colorado, New Jersey, Arizona

On-demand virtual

**Behind the Curtain: Pornography as it relates to Victimization**

National Guard (March 2022)

Live Webinar

**Psychophysiological Response to Trauma** (Presentation one)

**Crisis Response** (Presentation two)

**Critical Incident Debriefing** (Presentation three)

Arizona Raft Adventures AzRa (April 2022)

Live Webinar

**Trauma-Informed, Healing Inspired Leadership** (Presentation One)

**Psychophysiological Response to Trauma** (Presentation Two)

**#Men Too: Male Victimization** (Presentation Three)

**Alcohol and Sexual Violence** (Presentation Four)

Eglin AFB (April 2022)

**Human Sex Trafficking: Every day, Every town** (presented twice)

NOVA (April 2022)

Live Webinar

**Psychophysiological Response to Trauma**

Louisiana Probation and Parole (May 2022)

Live Webinar

**Men Too. Male Victimization is something to talk about** (Presentation One)

**Sexual Assault Culture Change- Building a World that Doesn't Exist**

(Presentation Two)

Red River Advocacy Center

Fargo, MI (May 2022)

**Trauma Informed Response and Care**

Bronson Healthcare Group, Inc.

Kalamazoo, MI (May 2022)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality** (Presentation One)

**Behind the Curtain: Pornography and its relationship to Victimization**

(Presentation Two)

Crimes Against Women Conference

Dallas, Texas (May 2022)

**The Hunter and the Hunted: Understanding Predatory Behavior**

Louisiana Probation and Parole (June 2022)

Live Webinar

**Professional Wellness and Organizational Trauma**

Louisiana Probation and Parole (June 2022)

Live Webinar

**Psychophysiological Response to Trauma**

Support Within Reach (June 2022)

Bemidji, MN

**IPV and Stalking**

Louisiana Probation and Parole (July 2022)

Live Webinar

**Why Trauma Sensitive Yoga?**

A Strand Squared Solutions Production

Virtual Webinar (July 2022)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality (Presentation One)**

**Male Victimization (Presentation Two)**

Krimes Against Children Conference (July 2022)

**Why Trauma Sensitive Yoga? (Presentation One)**

**Ethics for Professionals who serve victims (Presentation Two)**

**Date Night in Vegas (Presentation Three)**

**Strangulation: A Call to Action (Presentation Four)**

NOVA Conference (August 2022)

**Psychophysiological Response to Trauma on the Body and Brain**

Louisiana Probation and Parole (August, 2022)

Live Webinar

**Everyday Every Town: Human Trafficking**

NOVA (September 2022)

Live Webinar

**Calming the Storm: De-Escalation in moments of high stress and conflict**

Florida (September- December 2022)

Delivered 2x per month for 4 months

Live Webinar

**Trauma Informed Healing Inspired Leadership**

Shaw Air Force Base (September, 2022)



**Psychophysiological Response to Trauma on the Body and Brain**

Louisiana Probation and Parole

Angola Prison (September, 2022)

**Psychophysiological Response to Trauma on the Body and Brain**

Louisiana Probation and Parole

Louisiana Correctional Institute for Women (September, 2022)

**Trauma Informed Lethality Assessment and Safety Planning (4 Hours)**

(Presentation One)

**Unpacking Trauma Informed Services through Case Study** (Presentation Two)

**Professional Wellness and Organizational Trauma** (Presentation Three)

Louisiana Probation and Parole (September, 2022)

**Trauma Informed Lethality Assessment and Safety Planning (6 Hours)**

**From Trauma Informed to Healing Centered**

COVA Conference (October, 2022)

**Strangulation and Domestic Violence**

Louisiana Probation and Parole (December, 2022)

Live Webinar

**Trauma Informed, Healing Inspired Services**

Seattle, Washington (November, 2022)

Live-Webinar

**Behind the Curtain: Victimization, Porn & Online Gaming**

Louisiana Probation and Parole (December, 2022)

Live Webinar

**Trauma Informed, Healing Inspired Services**

New York City, NY (November, 2022)

Live-Webinar

**Psychophysiological Response to Trauma on the Body and Brain**

America Outdoors Conference (December, 2022)

**Everyday, Every town: Human Sex trafficking**

Louisiana Probation and Parole (December, 2022)

Live Webinar

**Calming the Storm: De-Escalation in moments of high stress and conflict**

Florida (January- June 2023)

Delivered 2x per month for 6 months.

Live-Webinar

**Implicit Bias, the Brain and Applied Intersectionality**

Columbus, Ohio (January, 2023)

**Trauma Informed, Healing Inspired Services for Victims of Trafficking**

NOVA (January, 2023)

Live Webinar

**Behind the Curtain: Victimization and Porn**

NSA Bethesda (January, 2023)

Live Webinar

**Implicit Bias, the Brain and Applied Intersectionality**

NSA Bethesda (February, 2023)

Live Webinar

**Implicit Bias, the Brain and Applied Intersectionality**

End the Violence, Canada (March 2023)

Live Webinar

**Psychophysiological Response to Trauma on the Body and Brain**

DIA (April, 2023)

Live Webinar

**After-care: How to refer clients to trauma informed specific modalities**

Louisiana Probation and Parole (April, 2023)

Live Webinar

**Deep dive into intersectional thinking**

Columbus, Ohio (April, 2023)

**From Trauma to Transcendence: Keynote Presentation**

Grand Junction, Colorado (April, 2023)

**Behind the Curtain: Victimization and Porn**

Grand Junction, Colorado (April, 2023)

**Ethics for Professionals that serve people who have been traumatized or victimized**

Grand Junction, Colorado (April, 2023)

**Implicit Bias, The Brain and Applied Intersectionality** (Presentation One)

**Beyond Holistic Self Care** (Presentation Two)

KCAC on Daenner barracks

Army National Guard: Germany

(April, 2023)

**Everyday, Every town: Human Sex trafficking**

NOVA NVAA

(April, 2023)

**Trauma-Informed and Healing-Centered Leadership** (Presentation One)

**Beyond Holistic Self-Care** (Presentation Two)

Camp Humphry

Army: Korea

(May, 2023)

**From Self-Regulation to Co-Regulation**

Louisiana Probation and Parole (May, 2023)

Live Webinar

**Blurred Lines: Discrimination, Harassment and Assault**

Outdoor Outfitters

A-DASH Production

(May, 2023)

**Behind the Curtain: Victimization and Porn** (Presentation One)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

(Presentation Two)

Crimes Against Women Conference

(May, 2023)

**Professional Wellness and Organizational Trauma** (Presentation One)

**Dynamics of commercial sexual exploitation of children** (Presentation Two)

**Trauma informed and Healing Centered Care** (Presentation Three)

**After-care: From Trauma to Transcendence** (Presentation Four)

For professionals who work in the area of Commercial Sexual Exploitation of Children

PENNCAC

(June, 2023)

Live Webinar's

**Why Trauma Sensitive Yoga?**

New York Office Victims Services

(June, 2023)

Live Webinar

**Calming the Storm: De-Escalation in moments of high stress and conflict**

Florida

(June, 2023)

Live-Webinar

**Using case study to unpack intersectional cases**

Columbus, Ohio (July, 2023)

**Applying the empowerment model and self-regulation in DV shelters**

(Presentation one)

**Trauma informed and healing centered leadership in shelters (Presentation Two)**

Minot, ND (July, 2023)

**Trauma informed and healing centered leadership**

Minot Air Force Base, ND (July, 2023)

**Ethics for professionals who work with trauma and/or victimization**

NOVA Conference (August, 2023)

**Applying an intersectional lens to service victims of commercial sexual exploitation**

(Presentation One)

**Online and digital sexual exploitation of children (Presentation Two)**

**Safety planning, harm reduction, and lethality assessment with children and youth**

(Presentation Three)

**How to empower children and youth through integrated primary**

**prevention (Presentation Four)**

For professionals who work in the area of Commercial Sexual Exploitation of Children

PENNCAC

(August, 2023)

Live Webinar's

**Every day, Everytown: Human Trafficking**

NOVA (August, 2023)

Live Webinar

**Implicit Bias, The Brain and Applied Intersectionality**

Part One

Louisiana Board and Parole (September 2023)

Live Webinar

**Psychological Response to Trauma Body and Brain (Presentation One)**

**Holistic Wellness Organizational Trauma (Presentation Two)**

**Sexual Harassment to Sexual Assault (Presentation Three)**

**Safety planning harm reduction** (Presentation Four)  
Picatinny Arsenal Garrison SARC  
New Jersey (September 2023)

**Aiming for Safety: Lethality Assessment, Harm Reduction and Safety Planning**  
(Presentation One: half day)  
Connecticut DV Coalition (October, 2023)

**Aiming for Safety: Lethality Assessment, Harm Reduction and Safety Planning**  
(Presentation One: full day)  
Connecticut DV Coalition (October, 2023)

**Implicit Bias, The Brain and Applied Intersectionality**  
Part Two  
Louisiana Board and Parole (October, 2023)  
Live Webinar

**Creating a DEIB Logic Model**  
Columbus, Ohio (October, 2023)

**Self-Regulation and Holistic Health (Presented Three Times)**  
Louisiana Board and Parole (October, 2023)

**Implicit Bias, The Brain and Applied Intersectionality**  
Salem, Oregon (October, 2023)

**Stalking and Intimate Partner Violence**  
NOVA (October, 2023)  
Live Webinar

**Psychophysiological Impact of trauma on the body and brain** (Presentation One)  
**The Dynamics of Commercial Sexual Exploitation (CSEC)** (Presentation Two)  
**Providing a Trauma-Informed and Healing-Centered response to victims of CSEC**  
(Presentation Three)  
International Association of Supervised Visitation  
(November 2023)  
Live Webinars

**Implicit Bias, The Brain and Applied Intersectionality**  
Florida CAC (November 2023)

**Aiming for Safety: Lethality Assessment, Harm Reduction and Safety Planning**  
Indiana DV Coalition (November 2023)

**Cultivating Spaces of Belonging**

DEIB in the Outdoor Industry

America Outdoors

Phoenix, AZ (December 2023)

**Neurodiversity and Incarceration**

Louisiana Board and Parole (December 2023)

Live Webinar

**Sexual Assault Culture Change: Building a World that does not Exist**

Hudson Valley SART

Troy, NY (January 2024)

**Health. Heart. Resilience: Professional Wellness, Self-Care & Resilience**

Stepping Stones Speakers Series

Live Webinar (January 2024)

**Understanding Trauma-Informed Response & Care**

NOVA (January 2024)

Live Webinar

**Trauma Informed Interviewing**

Fearless!

Newburgh NY, (January 2024)

**Professional Wellness through Empathy and Compassion**

Bloom 365 Empathy Summit

Phoenix, AZ (February 2024)

**Trauma Informed Decision Making**

Association of Paroling Authorities International (February 2024)

Live Webinar

**Grief, working with victims of homicide**

Louisiana Board and Parole (February 2024)

Live Webinar

**Behind the Curtain: The Impact of Pornography on Victimization** (Presentation One)

**Advocates Guide to Trauma Responsive Investigations and Prosecutions** (Presentation Two)

**The Brain, Implicit Bias and Applied Intersectionality** (Presentation Three)

**Professional Wellness** (Presentation Four)

Chicago IL

15th Annual 2024 Champions of Children Conference (March 2024)

**Navigating Complicated Waters: The Neurobiology of the DEI(B) World**

Washington State Child Advocacy Centers Coalition

Executive Directors Summit

Live Webinar (March 2024)

**Lethality Assessment for Prosecutors**

Washington State (March 2024)

**Why Trauma Sensitive Yoga?**

OVS, NY (April 2024)

Live and Interactive Webinar

**“It’s a Vibe” Using Trauma Informed Interview Techniques to Enhance Safety Planning**

Victim Witness Services for Northern Arizona

Flagstaff, AZ (April 2024)

**Navigating the Complicated DEI (B) Waters:**

**The relationship between Discrimination and Harassment**

CANX River Guides

Flagstaff, AZ (April 2024)

**Trauma Informed Leadership**

**CCA Annual Summit**

Colorado (April 2024)

**#Men Too: Male Victimization**

MDT Training

Brighton, CO

(May 2024)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

Crimes Against Women Conference

(May 2024)

**Trauma Informed Leadership (Presentation One)**

**Trauma on the Body and the Brain (Presentation Two\_**

Army: JBLM, WA

(May 2024)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

Connecticut Coalition Against Domestic Violence

(May 2024)

**Why is this so hard? Common Pitfalls of Working in the DEIB world as we serve children in Washington**

Children's Advocacy Coalition of Washington  
(June 2024)

**Sexual Assault: The culture we live in** (Presentation One)

**The Body.ology of trauma on the body and brain** (Presentation Two)

**Trauma Informed and Healing Centered** (Presentation Three)

**Advocating for Change** (Presentation Four)

SAKI Conference

Lansing, MI

(June 2024)

**Calming the Storm: De-Escalation in moments of high stress and conflict**

Florida (June-December 2024)

**Delivered 2x per month for 6 months**

Live-Webinar

**The Dynamics of Commercial Sexual Exploitation of Children (CSEC)**

Live-Webinar

(July 2024)

**The Dynamics of Commercial Sexual Exploitation of Children**

(Presentation One)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

(Presentation Two)

Krimes Against Children Conference

(July 2024)

**Blurred Lines: Discrimination, Harassment and Assault**

**Do you have a trauma informed, healing inspired response lined up**

Live-Webinar

Outdoor River Community

(August, 2024)

**Trauma informed communication skills to navigate DEI waters**

Children's Advocacy Coalition of Washington

(September 2024)

**Implicit Bias, The Brain and Applied Intersectionality**

Live-Webinar

Children's Advocacy Coalition of Illinois

(September 2024)



**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**  
(Presentation One)

**Why Trauma Sensitive Yoga?**

(Presentation Two)

**Body.ology of Trauma (Co-Presentation with Russell Strand)**

(Presentation Three)

Downstate Conference, IL

(September, 2023)

**Ethics for Professionals who serve people in Crisis**

Live-Webinar

Indiana Coalition Against Domestic Violence

(September, 2023)

**Navigating complicated DEI waters: Applied Intersectionality** (Presentation One)

**Creative Ways to Build Resilience** (Presentation Two)

**Children, Youth and Safety Planning** (Presentation Three)

**Trauma Informed Leadership** (Presentation Four)

Guam Coalition Against Sexual Assault and Family Violence

(September 2024)

**Why is this so hard? Common Pitfalls of Working in the DEIB world as we serve children in Washington**

Live Webinar

Children's Advocacy Coalition of Illinois

(October 2024)

**Trauma Informed Interviewing** (Presentation One)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

(Two Part Presentation)

**It's a vibe: self-regulation and co-regulation** (Presentation Four)

**Ethics for Professionals who serve people in Crisis** (Presentation Five)

**COVA Conference**

(October 2024)

**Commercial Sexual Exploitation of Children**

Live Webinar

Florida Child Advocacy Center

(October 2024)

**Everyday Every town: Human Trafficking**

Live Webinar

NOVA

(October 2024)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**  
Live Webinar  
Little Rock Arkansas  
(October 2024)

**Poly Victimization: Lightening does strike the same place twice**  
Live Webinar  
Kankakee IL  
(October 2024)

**Trauma informed communication skills to navigate DEI waters**  
Live Webinar  
Children's Advocacy Coalition of Illinois  
(October 2024)

**Executive Directors Retreat:**  
**Self-regulation and Self-Care** (Presentation One)  
**Organizational Trauma and Healing** (Presentation Two)  
**How to have hard conversations** (Presentation Three)  
Violence Free Minnesota  
(November 2024)

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**  
Full Day Training  
Live Webinar  
CACWA  
December 2024

**Calming the Storm: De-Escalation in moments of high stress and conflict**  
Florida (January-June 2025)  
**Delivered 2x per month for 6 months**  
Live-Webinar

**Training Series: January 2025**  
**Professional Wellness and Organizational Trauma** (Presentation One)  
**Self-Regulation to Co-regulation to de-escalation** (Presentation Two)  
**The brain, Implicit Bias, and Applied Intersectionality** (Presentation Three)  
**Trauma Informed Communication to address complicated conversations** (Presentation Four)  
**Helping victim's find what their justice looks like in an unjust situation (outside of the criminal justice system)** (Presentation Five)  
**Management Wrap Up** (Presentation Six)  
Live-Webinar  
Minot, NC

**2-Day Training: (Jan. 2025)**

Day One: Fostering a sense of belonging

Day Two: Compassion Fatigue

Everett, WA

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

Full Day Training (Feb. 2025)

New York

**5-day (40-hour training): (Feb. 2025)**

**Forensic Human Centric Interviewing**

Michigan

**Trauma Informed Response and Care:**

**More than being "nice" and asking open-ended questions (March 2025)**

Live Webinar

CACWA WA

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

Full Day Training (March. 2025)

Oklahoma City

Native American Alliance

**Dear Sister Conference**

**Aiming for Safety: Harm Reduction, Lethality Assessment and Safety Planning**

**(March 2025)**

Live Webinar

New York

**When Lightning does strike the same place twice: Poly Victimization**

(Keynote Lecture)

**Erasing the Possibilities: Commercial Sexual Exploitation of Children**

(Presentation Two)

**Human Centric Interviewing (HCI)**

(Presentation Three)

**(April, 2025)**

Grand Junction, CO

**The Impacts of Pornography on Sexual Violence (Presentation One)**

**A Deeper Understanding of Ethics in Advocacy (Presentation Two)**

**Understanding Consent, Alcohol, and Sexual Assault (Presentation Three)**

**How Leaders Handle Hard Conversations (Presentation Four)**

(April, 2025)

Hot Springs, Arkansas

**Everyday, Every town: Human Trafficking (April 2025)**

Session One

Live Virtual Training

NOVA

**Everyday, Every town: Human Trafficking (April 2025)**

Session Two

Live Virtual Training

NOVA

**Compassion Fatigue Training Series:**

**Holistic Health: From fingertips to soul songs (Session One)**

**Self-Regulation: It's all about the way you walk through life (Session Two)**

**Organizational Trauma: The Blob in the office (Session Three)**

Delivered Live Webinar

(May-June, 2025)

CACWA WA

**Rebuilding Trust: Interpersonal Healing Strategies (April, 2025)**

Live Webinar

NY OVS

**Behind the Curtain: The Impact of Pornography on Victimization (May 2025)**

SAKI conference

Evansville, Indianapolis

**Human Centric Interviewing (Presentation One)**

**Polyvictimization: Lightening does strike the same place twice (Presentation Two)**

**Impacts of Porn on Crim Victimization (Presentation Three)**

(May 2025)

Crimes Against Women Conference

Dallas Texas

**The Body and the Brain: A Few Things to Know About Communication (May 2025)**

Live Webinar

Deeper Waters Learning Series

**Aiming for Safety (Presentation One)**

**Navigating Obstacles (Presentation Two)**

**Professional Wellness (Presentation Three)**

(June 2025)

Guam Conference

**Human Centric Interviewing (Full Day)**

(June 2025)

Saipan Conference

**Behind the Curtain: The Impact of Pornography on Victimization**

Full Day Training

**Professional Wellness and Organizational Trauma (Presentation One)**

(July 2025)

Colorado Domestic Violence and Sexual Assault Offenders Conference

**Aiming for Safety: Trauma-Informed Harm Reduction, Risk Assessment and Safety Planning (July 2025)**

Michigan Justice for Children Conference

Detroit

**1.) Holistic Health- From fingertips to soul songs (Full day Training)**

Duluth, Minnesota (August, 2025)

**2.) Holistic Health- From fingertips to soul songs (Full day Training)**

Mankato, Minnesota (August, 2025)

**3.) Holistic Health- From fingertips to soul songs (Full day Training)**

Metro Brooklyn, Minnesota (August, 2025)

**Human Centric Interviewing (2-day Training)**

Florida (Sept. 2025)

**Human Centric Interviewing (Presentation One)**

**Trauma-Informed Scuba Diving (Presentation Two)**

**Violence Against Women in Outdoor Spaces (Presentation Three)**

South Padre Island, TX (Sept. 2025)

**Running On Demand Virtual Training:**

**Commercial Sexual Exploitation of Children (2024-Present)**

10-Hour Course

Online drop in and on-demand

**40-hours CARES: Children's Victim Advocate Core Training (2024-Present)**

Part One: Meets Accreditation of the National Children's Alliance

Part Two: Meets NACP Accreditation

**45 -hours crime victim advocate's course (2019- present)**

**\*this course has been updated 5 times**

**This course is pre-approved by the NCA and NACP**

Online drop in and on-demand

**12 -hours trauma-informed leadership course (2019-2024)**

**\*this course has been updated 2 times**

Online drop in and on-demand

**2 or 3-hour ethics for professionals who work with trauma and/or victimization (2021-2024)**

Online drop in and on-demand

**2 hours Trauma-Informed Death Notification (2022-2024)**

Online drop in and on-demand

**2 hours Why Trauma-Sensitive Yoga? (2022-present)**

Online drop in and on-demand

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**Custom On-Demand Training Created and Delivered:**

**The Strand Squared April 2020 Training Trilogy:**

- Applying the Art of War to better understand Offender Behavior
- The Art of War for Investigators and Prosecutors
- The Art of War for Advocates

**Board of Directors Onboarding Orientation (Session One)**

**Fundraising for Board of Directors (Session Two)**

The Hue.myn Experience Non-profit (July 2020)

**SAAM Advocate Training:**

**Beyond the cloak of Darkness (Session One)**

**Beyond Professional Wellness (Session Two)**

**How to Most of your Advocacy (Session Three)**

Minot AFB (July, 2020)

**The Hunter and the Hunted: Understanding Offenders (Presentation One)**

**If Only We Could: serving people with complex trauma (Presentation Two)**

**Advocacy and Case Management (Presentation Three)**

Michigan National Guard (August 2020)

**Applied Intersectional Services:**

**Implicit Bias, The Brain and Applied Intersectionality (Session One)**

**Diving Deep into Master Identities (Session Two)**

**Intersectionality and Case Study (Session Three)**

(4 assignments with feedback and testing)

Emporia Kansas (2022)

**Applied Intersectional Services:**

**Implicit Bias, The Brain and Applied Intersectionality (Session One)**

**Diving Deep into Master Identities (Session Two)**

**Intersectionality and Case Study (Session Three)**

Florida (2022)

**Commercial Sexual Exploitation of Children (2023)**

8-Hour Course

PennCAC

**Fostering a Sense of Belonging: An Interfaith Effort**

**The Neurobiology of the DEI(B) world** (Presentation One)

**Race, Class, Gender, Orientation, Nation Status, etc...pulling it together through Applied Intersectionality** (Presentation Two)

**Stress Points when discussing Diversity, Equity and Inclusion** (Presentation Three)

**Compassionate Call to Action** (Presentation Four)

St. Johns Episcopal Church

Cornwall, NY (January, 2024)

**Trauma Informed Leadership**

Colorado (April 2024)

**Applied Intersectionality, Myths and Bias**

Pre-recorded webinar

Texas (August, 2025)