

Shine: Facing our Shadows to Foster Resilience

A licensed professional counselor from the projects invites us to look with love.

There's no curriculum for world peace but trauma-informed care comes pretty close. Elizabeth will share four primary goals of trauma-informed care as outlined by SAMHSA and how these goals hold the keys to fostering resilience, allowing us to Shine as individuals, organizations and communities. We'll validate what's working, while exploring vastly infinite possibilities. Drawing on her experiences as both a licensed professional counselor and survivor of complex trauma and generational poverty, Elizabeth invites us to see ourselves and each other through a lens of compassion, humor, strength and love.

This keynote speech was first presented at the 2018 Confederation of Oregon School Administrators annual conference in Seaside.



Elizabeth Bouvier-Fitzgerald is a licensed clinical supervisor with over fifteen years' experience working in mental health and nearly ten years' experience in research, advocacy and training on trauma-informed care. To date she's trained over 1,200 public servants in the state of Oregon on trauma-informed human services including mental and physical health, prevention and education. She holds a dual-masters from Lesley University in mental health and expressive psychotherapy and identifies as a survivor of complex trauma and generational poverty.

Elizabeth and her husband live in Bend with their dog Ratchet, named after his dad's career as a vintage motorcycle mechanic.