

## Trauma Responsive Lawyering Training Series Course Catalog

Fridays, January 22 – March 19, 2021  
12pm-2pm EST

**Note:** You may register for the whole series, or just for individual trainings within the series.

**Continuing Legal Education (CLE) credits:** To obtain CLE credit, you must register for each requested training in the series that you plan to attend via the registration link below. After registering, you will be sent a zoom link for the training, and the training materials. For any training you want to request CLE credit for, you must attend the entire training, live, and respond to the polls affirming your attendance during that live training. After each training for which you want CLE, all documents requested by the CLE provider must be provided to them within the time frame noted by them. You can receive CLE credit for individual trainings or multiple trainings in the series. You will only receive CLE credit for the trainings for which the above steps are followed.

To register and select the trainings you are interested in attending, please [click here](#)

❖ **Training 1: IPV effects on mental health and the need for trauma-informed services for IPV**

**January 22, 12pm – 2pm**

**[Instructor: Dr. Obianuju Berry](#)**

*This introduction will focus on the emotional, cognitive, behavioral and relational effects of IPV, and explain the rationale for trauma-informed services as well as discuss best recommendations for services that use this framework.*

❖ **Training 2: Neuroscience of Trauma**

**Date: January 29, 12pm – 2pm**

**[Instructor: Dr. Denise Hien](#)**

*Traumatic stress exposure has been shown to have a clear impact on the body and brain. This workshop will address the neurobiology of the stress response, covering the impact of childhood trauma on the developing brain, and the impact of trauma on the body and brain. This will help legal advocates understand as well as explain symptomatology their clients may present with, including loss of memory and responses to trauma triggers.*

- ❖ **Training 3: Revictimization**  
Date: **February 5, 12pm – 2pm**  
[Instructor: Dr. Kate Walsh](#)  
*Survivors of violence have increased vulnerabilities for re-victimization and increase risk for mental health, physical health, social, occupational, and legal impacts for the same. Identifying these vulnerabilities will enable legal advocates to more fully respond to survivor's needs, link them with supportive resources early on in their work with them, and understand a survivor's reaction to re-victimization as it may appear throughout our work with them.*
  
- ❖ **Training 4: Grounding and Verbal De-escalation Tools**  
Date: **February 19, 12pm – 2pm**  
[Instructor: Dr. Farah Herbert](#)  
*This session will provide skills on how to de-escalate clients who are displaying high levels of anxiety, stress, and hyper-arousal. This webinar provides practical tools and exercises that lawyers can use with clients and examples of how to use them.*
  
- ❖ **Training 5: Safety Assessments**  
Date: **February 26, 12pm – 2pm**  
[Instructor: Dr. Elizabeth Fitelson](#)  
*This session will apply information and skills gained in prior sessions to help advocates identify and respond to mental health crises and high-risk coping behaviors. This training is meant to focus on identification of and understanding the reasons behind symptoms and behavior, and will also address resources for clients.*
  
- ❖ **Training 6: Legal Work with Marginalized Populations**  
Date: **March 5, 12pm – 2pm**  
[Instructor: Margarita Guzman, Esq](#)  
*For legal professionals, engaging marginalize populations is often a motivating purpose for attending law school. However, trauma-informed interviewing and skills for engaging these populations is not a common offering in legal education. In this session, attendees will reflect on client obstacles to successful engagement, participate in honest discussion about unintentional behaviors that may distance clients, discuss racism and its impact on the systems in which we and our clients have to engage, and identify strategies that can help improve interpersonal connections with clients, while maintaining healthful boundaries.*
  
- ❖ **Training 7: Vicarious Trauma**  
Date: **March 12, 12pm – 2pm**  
[Instructors: Rosa Regincos, LCSW and Dr. Tamar Levy](#)  
*Working with IPV can lead to personal and professional growth. Moreover, it gives legal professionals the rewarding opportunity to work*

*with a resilient population capable of making enormous changes in their lives. However, learning about cruelty, humiliation, abandonment, vulnerability and pain, and the devastating impact that abuse has on individuals, families and societies is not free of challenges. The same way abuse affects the individuals who have experienced it, working with IPV survivors can deeply transform the lives of legal providers working with them. This presentation will focus on providers' response to working with IPV survivors and individual and organizational strategies to prevent and address providers' responses to working with traumatized clients, as well as burn-out.*

❖ **Training 8: Case Discussion of Trauma Informed Legal Work**

Date: **March 19, 12pm – 2pm**

Instructors: [Sascha Griffin, PhD, Elizabeth Fitelson, MD and Shani Adess, Esq](#)

*This session will provide advocates with an opportunity to discuss case specific questions (while maintaining confidentiality) to collaboratively strategize how to respond to issues that may arise when serving Survivors. It will give those present a chance to participate and observe how experts analyze and respond to various situations that may arise in client representation.*

**All trainings will be moderated by Shani Adess, Esq**

**[Click here to register](#)**

Register in advance to receive training materials, the Zoom link, and CLE credit information. If you have any questions regarding this training, please contact Integra Feliciano at [integra.feliciano@nyulangone.org](mailto:integra.feliciano@nyulangone.org).

**Note:** *Recordings of trainings will be available for those who cannot attend live, though CLE will only be provided for live participants who meet eligibility requirements noted above. CLEs will be provided for each individual training attended in compliance with those requirements.*

This program is presented by The New York State Office of Victim Services in collaboration with Columbia University Department of Psychiatry and NYU Langone Department of Child and Adolescent Psychiatry

CLE Sponsored by New York Legal Assistance Group

## Course Instructors

**Training 1:** IPV effects on mental health and the need for trauma-informed services for IPV

**Date:** January 22, 2021

**Instructor:** Dr. Obianuju Berry



**Obianuju “Uju” Berry, MD, MPH** is the Medical Director of NYC Health + Hospitals Domestic and Gender-Based Violence Mental Health Collaboration and Assistant Professor at NYU Langone within the Department of Child Adolescent Psychiatry. She is a graduate of Harvard Medical School, the Johns Hopkins Bloomberg School of Public Health, and Columbia University Psychiatry Residency and Fellowship Programs. She is an academic researcher and clinician with clinical expertise in early childhood mental health, women's mental health, and trauma. She is experienced in mental health research, public policy, and has worked with a variety of state and federal institutions, including the Centers for Disease

Control and Prevention, the U.S. Department of Health and Human Services, and the National Institute of Domestic Violence in the African American Community. During her training, she led a city-wide hybrid implementation effectiveness study on the evaluation of a mental health and intimate partner violence intervention with New York City's Mayor's Office to End Domestic and Gender Based Violence (ENDGBV). Dr. Berry's research focuses on implementation science, service delivery, and maternal intergenerational transmission and impact of trauma on child psychopathology

## **Training 2: Neuroscience of Trauma**

**Date:** January 29, 2021

**Instructor:** Dr. Denise Hien



**Denise Hien, PhD, ABPP**, is Interim Dean of the Graduate School of Applied and Professional Psychology, Director and Helen E. Chaney Endowed Chair in Alcohol Studies of the Center of Alcohol & Substance Use Studies at Rutgers University-New Brunswick. She also maintains longstanding adjunct appointments as Senior Research Scientist at Columbia University College of Physicians and Surgeons, Division on Substance Use Disorders and Adjunct Professor at the Graduate Center at the City University of New York. She and her group have conducted programmatic research on women's mental health and addictions, with continuous funding from the National Institute on Drug Abuse and National Institute on Alcoholism and Alcohol Abuse (21 grants

total: 7 R01, 2R25, 1 multi-site) for over 20 years. Considered a leader in the field, her body of work (over 100 publications and 140 conference presentations) has contributed to the evidence base on the treatment of individuals with trauma-related psychiatric disorders and their comorbidity with addictions, through conducting single- and multi-site clinical trials across the United States in community-based substance abuse treatment settings. She is board-certified in clinical psychology (ABPP) and has served as a standing member on the National Institute of Drug Abuse, NIH Institutional Review Groups and a health disparities advisory group to the NIDA Director on Asian American/Pacific Islander issues.

Dr. Hien received her B.A. in Psychology from Cornell University, and her M.S., M.Phil. and Ph.D. in Clinical Psychology at Teachers College, Columbia University. She received her postdoctoral training in substance use research at the Division on Substance Use Disorders at the Columbia University College of Physicians and Surgeons. Over her career, she has served on the doctoral and research faculties of the Graduate Center of the City University of New York, City College of New York, Columbia University School of Social Work, and the Derner School of Psychology at Adelphi University. Within each of these institutions, she has held numerous leadership roles in academic and research administration.

### **Training 3: Revictimization**

**Date:** February 5, 2021

**Instructor:** Dr. Kate Walsh



**Kate Walsh, PhD**, is an Associate Professor of Psychology and Gender & Women's Studies, University of Wisconsin-Madison, and Director of the Sexual Violence Research Initiative at UW-Madison. She is a licensed clinical psychologist who earned her PhD from the University of Nebraska-Lincoln. She completed her T32-funded predoctoral internship in Traumatic Stress at the Medical University of South Carolina and her T32-funded postdoctoral fellowship in the Department of Epidemiology at the Mailman School of Public Health at Columbia University. Prior to joining the faculty at UW, she was an Assistant Professor at Ferkauf Graduate School of Psychology at Yeshiva University and an

Adjunct Assistant Professor in the Department of Epidemiology at the Mailman School of Public Health at Columbia University. Her work focuses on risk factors for and outcomes of gender-based violence, with an emphasis on translating findings into effective primary and secondary prevention programs. She also studies the intergenerational impact of violence exposure and has published on pathways from maternal violence exposure and stress to poor fetal and offspring outcomes. She has published 74 peer-reviewed papers and 6 book chapters and has been funded by the National Institute of Mental Health and the National Institute on Drug Abuse.

### **Training 4: Grounding and Verbal De-escalation Tools**

**Date:** February 19, 2021

**Instructor:** Dr. Farah Herbert



**Farah Herbert, MD** is a psychiatrist with the Family Justice Center of Brooklyn from NYC Health + Hospitals Kings County and Clinical Assistant Professor at SUNY Downstate Medical Center. She completed her psychiatry residency training at NYU School of Medicine after obtaining her medical degree at Emory University in Atlanta, GA. Prior to joining the Family Justice Center Mental Health Program, she was medical director of adult inpatient psychiatry at NYC H+H Kings County where she worked on initiatives to provide trauma informed care in acute settings and reduce use of restrictive interventions and workplace violence through early de-escalation and engagement. Her current clinical work

focuses on treatment of survivors of gender-based violence with psychopharmacotherapy and trauma focused psychotherapy. Her work involves

collaborating with advocates, attorneys and other disciplines to provide holistic services in a unified setting for survivors.

### **Training 5: Safety Assessments**

**Date:** February 26, 2021

**Instructor:** Dr. Elizabeth Fitelson



**Elizabeth Fitelson, MD** is an Associate Professor of Psychiatry and the co-founder and Director of the Women's Program in the Department of Psychiatry at Columbia University Medical Center. She completed her medical training and residency at Columbia University/New York Presbyterian Hospital, as well as a fellowship in Public Psychiatry at the New York State Psychiatric Institute. Her area of clinical expertise includes the evaluation and treatment of psychiatric disorders across the female life cycle, including perinatal psychopharmacologic management, menstrual cycle and perimenopause related disorders, infertility, and pregnancy loss as well as trauma and the intersection of IPV and mental health. Dr. Fitelson co-directs the Columbia Psychiatry

Domestic Violence Initiative, a collaboration with the Chapman-Perelman Foundation, the Mayor's Office to End Domestic and Gender Based Violence, and NYC Health & Hospitals, providing psychiatric care to domestic violence survivors at New York City's Family Justice Centers.

### **Training 6: Legal Work with Marginalized Populations**

**Date:** March 5, 2021

**Instructor:** Margarita Guzman



Born in El Paso, Texas, Margarita Guzman is a queer Chicana and survivor of intimate partner violence. She received her bachelor's degree from Georgetown University and her law degree from George Washington University School of Law. Upon graduating from law school, Margarita established a legal clinic for indigent Spanish-speaking mental health consumers in New York City. Her legal practice later focused on representing primarily Latinx immigrant survivors of domestic violence in housing, family and immigration legal matters, as well as teen and young adult survivors. In 2013, she entered civil service at the Mayor's Office to End Domestic and Gender-Based Violence, where she ran the Bronx Family

Justice Center until joining the Violence Intervention Program (VIP) in 2017. She currently serves as Executive Director at VIP, working with largely immigrant and low-

income Latinx survivors of domestic and sexual violence. As a survivor and a lawyer, Margarita has lived the limits of criminal and civil legal responses to violence and seeks to increase restorative and transformative justice practices to support survivors and change abusive behaviors.

## **Training 7: Vicarious Trauma**

**Date:** March 12, 2021

**Instructors:** Rosa Regincos, LCSW and Dr. Tamar Levy



**Rosa Regincos, MA, LCSW** is a Licensed Master Clinical Social Worker by New York State and an Assistant Professor in Clinical Psychiatric Social Work at Columbia University, Psychiatry department. Ms. Regincos is also a Clinical Psychologist licensed by the University of Barcelona', Spain.

Ms. Regincos works in private practice in NYC treating adults with and anxiety disorders and complex trauma. She integrates trauma, mindfulness, skills-based, cognitive-behavioral and psychodynamic approaches. She is intensively trained in evidence-based trauma interventions with adults and children treatments. She is EMDR certified by EMDRIA.

Her clinical interests include women's mental health in the perinatal period and attachment trauma. She is part of the supervision and consultation team for an initiative from The Mayor's Office to Combat Domestic and Gender Violence in NYC and provides supervision to faculty at the Women's Program at CU and lectures to psychiatrist residents.



**Tamar Lavy, MD, ABIHM** works as a psychiatrist on native Lenape lands in NYC. She practices in the public sector serving survivors of gender-based violence at the Family Justice Center in Staten Island. Her approach is grounded in knowledge of systems of oppression, psychodynamic theories, and dialogic peer-supported frameworks of care. She also offers collaborative person-directed drug tapering support to transgender and formerly incarcerated people. Her participation today honours her ancestors amongst whom are Holocaust, totalitarian communism, and military-related torture survivors, and ghetto uprising leaders. Tammy has additional specialization in Integrative and Holistic Medicine.

## **Training 8: Case Discussion of Trauma Informed Legal Work**

**Date:** March 19, 2021

**Instructors:** Sascha Griffin, PhD, Elizabeth Fitelson, MD



**Sascha Griffin, PhD** is a licensed clinical psychologist who has extensive experience working with trauma-exposed youth and adults, and currently works as the psychotherapist at the New York City Health + Hospitals Family Justice Center Mental Health Collaboration program at the Staten Island Family Justice Center. Dr. Griffin has provided direct clinical and supervisory services within acute care units, outpatient clinics, court-based clinics, residential treatment centers and domestic violence shelters. She has published several articles in peer-reviewed journals that address the interrelationships between trauma exposure and mental health concerns. Dr. Griffin received her Ph.D. in Clinical Psychology from the University of Massachusetts at Amherst.



**Elizabeth Fitelson, MD** is an Associate Professor of Psychiatry and the co-founder and Director of the Women's Program in the Department of Psychiatry at Columbia University Medical Center. She completed her medical training and residency at Columbia University/New York Presbyterian Hospital, as well as a fellowship in Public Psychiatry at the New York State Psychiatric Institute. Her area of clinical expertise includes the evaluation and treatment of psychiatric disorders across the female life cycle, including perinatal psychopharmacologic management, menstrual cycle and perimenopause related disorders, infertility, and pregnancy loss as well as trauma and the intersection of IPV and mental health. Dr. Fitelson co-directs the Columbia Psychiatry Domestic Violence Initiative, a collaboration with the Chapman-Perelman Foundation, the Mayor's Office to End Domestic and Gender Based Violence, and NYC Health & Hospitals, providing psychiatric care to domestic violence survivors at New York City's Family Justice Centers.



**Shani Adess, Esq**

*Associate Director, Domestic Violence Law Unit, NYLAG*

Shani is the Associate Director of NYLAG's Domestic Violence Law Unit, and the Project Director of Project RISE. Shani works with survivors of domestic violence, abuse, and sexual assault, both adults and immigrant youth. In addition to her own practice, Shani supervises staff who serve these populations through direct representation in matrimonial, family law, immigration law matters. Shani leads trainings and participates in panels in related substantive law; working with survivors of trauma and abuse; trauma's psychological, physical, and physiological impacts; and provision of client-centered trauma-informed representation. Previously, Shani was the Senior Supervising Attorney for Safe Horizon's Immigration Law Project (Dec 2015 – August 2017), and an Advocacy and Communications officer with Jesuit Refugee Services in the Southern Africa Region (2009-2010). Shani has a Bachelor of Arts Degree in International Relations from Emory University and a JD from Georgetown University Law School in 2009.

**Training Sessions Moderator: Shani Adess, Esq**



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