

## **Speaker Bios**

### **Key Note- OlgaTrujillo**

Olga Trujillo is an attorney, speaker, and author. She was 31 when she was diagnosed with Dissociative Identity Disorder. Her experience over the past 25 years has been as an attorney for the U.S. Department of Justice, and a consultant to many local, state and national organizations. Olga is an internationally sought speaker and author and is featured in the video "A Survivor's Story", a documentary and training video based on her personal experience of violence. Her memoir, *The Sum of My Parts* was released by New Harbinger Publications in October 2011.

### **Alix Amar MEd, MSS, LCSW, CRS**

Alix Amar, LCSW has been a psychotherapist in private practice for over 25 years. She specializes in working with people who have a history of early childhood trauma and DID and with people who are experiencing grief and loss. She is a newly appointed member of the AIM board and is proud to serve our community in this way. At the conference she may be better known as the "Labyrinth Lady" since she brings one to our conference each year for the grounding room..

### **Bonnie Reed Armstrong**

Bonnie spent decades as an Apparently Normal Person who knew nothing of the complex dissociative infrastructure that hid much of her childhood and supported her from within. She functioned as an effective, happy wife, mother, and advocate for children and families. She specialized in youth development, education, and preventing child abuse, not knowing that she was also a resilient abuse survivor. Bonnie enjoyed a career that involved high-level positions in two Governors' offices, including a stint in Washington DC working with the Carter Administration and Congress. With the National League of Cities, she wrote *Making Government Work For Your City's Kids*, a book that guided a generation of City Councilmembers. In the late 1990s she moved to philanthropy and focused on building partnerships to strengthen communities, families and child welfare systems to prevent abuse and ensure every child can live in a loving, safe, forever family. She served as an elected School Board member, appointed commissioner on numerous commissions, non-profit board member, and as expert consultant on children and families. A frequent speaker and workshop presenter, she also authored multiple publications. Bonnie holds a Master's Degree in Human Development from Pacific Oaks College, and is a Certified Life Coach (ACC). At age 50, a mysterious, debilitating illness attacked and led to discovery of her dissociative disorder, strong internal community, and the secrets it held. Bonnie left her career in 2012 to focus on healing, learning about trauma and resilience, and writing about her journey through mystery, discovery, horror, and the curative interdependence of body, mind and spirit. Her experiences are chronicled in the soon-to-be-published *An Apparently Normal Person*. Bonnie and about a dozen alters live together peacefully, focused on their joint purpose of breaking generational cycles of abuse and fear, and creating a more loving, harmonious world.

### **Jim Bunkelman**

I was married to a Multiple for 15 years until her death in 2012. I was fortunate enough to have a wonderful childhood with loving parents. I have a degree in Physics/Math and a teaching credential from the University of California. I taught Jr High School for four years. I have worked freelance in film/video/photography in Hollywood for the last 40 years. I have been involved in the Multiple community since my wife's death. I have been interviewed about my relationship with a Multiple by [Multiplicity101.com](http://Multiplicity101.com), *Vice Magazine*, and *NPR*.

### **Paula Burley**

Paula Burley is a registered nurse who has worked in a variety of specialties. Her early experiences were being the nurse manager in a critical care unit, and staff nurse in an outpatient oncology clinic. Her most current position has been working as a staff nurse on the inpatient Dissociative Disorder and Trauma Unit at McLean hospital. She has worked for 27 years in the inpatient unit, and also co-leading an outpatient dealing with dissociation group.

### **Lizabeth Casada**

Lizabeth Casada had an extremely abusive childhood but she didn't remember most of it until the start of therapy in 2009. It was then, that she was introduced to DID, her 21 people and a whole life she didn't remember. She "left" when she was 12 years old and didn't "return" until she was 39. With the help of her therapist and E.M.D.R. (Eye Movement Desensitization and Reprocessing), she was able to complete her therapy and achieve full integration within 18 months. Since the end of her therapy in 2011, Lizabeth has created a full and prosperous life. She is a Certified Life Coach and a Master Prosperity Teacher. She chose to leave her postal job of 14 years and has created a very successful web development business. She is also founder of an online support group for those with DID and PTSD who are looking to create a new life after their trauma. Lizabeth and her wife, Cindy, live in an RV and travel around the country taking in its beauty and collecting experiences. They enjoy speaking, attending seminars, connecting with people and sharing what they have learned.

### **Madison Clell**

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

### **Morgan Dori**

Morgan Dori is the survivor with DID who hid behind their "I AM" sign in the 2013 Healing Together Conference video (first year attending). Progress since diagnosis in 2012 includes transitioning & presenting openly as a trans masculine non-binary (aka genderqueer) survivor at this conference since 2016. Morgan juggles working in healthcare, personal healing & mental health as they strive to be authentic and out across everyday life. Attending Healing Together by An Infinite Mind annually has been an integral aspect of this journey because it helps reinforce and make it possible to internalize important messages. 2013 "We are not alone!" 2014 "Life really does get better!" 2015 & 16 "I/we can and really are healing!" 2017 "It is ok to be whomever and wherever one is in this journey! (some years will still be hard)"

### **River Dowdy,**

Currently in graduate school for counseling at Lindenwood University and an Alternative Training Student with the North American Drama Therapy Association, River is closer to her goal of becoming a Licensed Drama Therapist and LPC. As a survivor working through recovery and moving into a clinical role she strives to use her education and experience to help others move towards a freedom she herself once though wasn't real. She values hope and bravery and is excited and honored to be in at Healing Together again this year with so many people that embody that.

### **Nikki DuBose**

Nikki DuBose is a model, author, advocate, and director at the League of Women Voters of Los Angeles County. Her best-selling memoir, *Washed Away: From Darkness to Light*, has helped countless people around the globe come to understand their intrinsic value and overcome mental health issues. Nikki has appeared on the *The Doctors*, *The TD Jakes Show*, and *CBS LA* to talk about her mental health recovery and advocacy work. More info about Nikki can be found at <http://nikkidubose.com>

## **Gala**

Gala lives in the Midwest with her husband and two teenage children. She is a group member and actively participates on a regular basis. In the beginning process of creating the group Gala had strong feelings against being part of 'yet another group'. However, it has been very enjoyable and healing to be around others who understand her life. Gala loves photography and began dabbling in photography as a way to reduce anxiety and help tune the world out when life became overwhelming. That passion has turned into a small photography business. Like many she has been through hell, but is coming out on the other side a survivor.

## **Nancy Gaulin PhD**

Dr. Gaulin is a psychologist with a specialization in health psychology who has 14 years of experience in the Greater Boston area. She has worked in hospital inpatient and outpatient settings, community mental health and school settings working with children and adults. Dr. Gaulin's post-doctoral training was at McLean Hospital in what is now called the Hill Center for Women. She worked as a staff clinician at McLean Hospital for nine years on the Dissociative Disorders and Trauma Unit. Dr. Gaulin co-founded Facing Cancer Together, inc. in 2009 and is currently the Executive Director. Prior to entering the field of psychology, Dr. Gaulin pursued a 20-year career in business in the financial services sector in Boston and New York City.

## **Tracy Green**

Tracy Green is a Master's degree Life Coach and a Consultant on issues of trauma and DID. Currently Tracy shares her story of living with DID as a result of years of sexual abuse, domestic violence in the home, alcoholism and incarceration of a primary caregiver. Through speaking opportunities around the Greater Houston Area, Tracy has shared her experiences to high school students, college students, at community forums, conferences and police trainings. Her goal is always the same; helping victims find their voice and being that voice until they can find their own. She has in the past worked with kids experiencing crisis and taken out of the home. She now works with the National Alliance on Mental Illness (NAMI) making sure that the diagnosis of DID is given a place of recognition and resources for all who live with the disorder.

## **Cynthia Herzog LCSW, CAP, ICADC, 500 RYT**

Ms. Herzog, has been in private practice for twenty five years specializing in addictions, trauma and chronic pain treatment. She has practiced Yoga for fourteen years and is a 500 hour yoga educator. For the last seven years she has blended her love of yoga with her trauma practice. She offers seminars to both yoga studios and corporations on a variety of subjects including yoga as therapy.

## **Sarah Kelava LMFT, TRI ESMHL**

Healing Hooves Psychotherapy in South Florida is a Professional Association for Therapeutic Horsemanship (PATH) International Center who have been helping local families, individuals, teams and groups since 2002. We are experts in relationships and specialize in emotional and behavioral goals. Our entire staff is PATH Certified, and our clinical providers are dually qualified as Licensed Marriage and Family Therapists. The horses are specifically selected and trained to provide a safe and positive experience. Our four-legged staff includes Hank, Goldie, Mariah, Jenny, Harley, and Fiona.

## **Milissa Kaufman MD PhD**

Dr. Kaufman received a PhD in Behavioral Neuroscience and an MD in medicine from the Boston University Combined MD/PhD Program. As a doctoral student, she trained at the National Center for Posttraumatic Stress Disorder in Boston. Her research focused on the assessment and treatment of trauma-spectrum disorders including acute stress disorder, PTSD, and the dissociative disorders. Following completion of the MD/PhD Program, Dr. Kaufman completed psychiatry residency training at MGH/McLean Hospitals in Boston. After residency, she continued at McLean Hospital as a research fellow, and later as an attending psychiatrist at the Dissociative Disorders and Trauma Program. Currently, she is the Medical Director at the Hill Center for Women at McLean Hospital, a treatment program specializing in treatment for women with PTSD and DID. In addition, she is the Primary Investigator for the Dissociative Disorders and Trauma Research Program. This program's mission is to study trauma-spectrum disorders in women with histories of childhood abuse. Dr. Kaufman teaches and supervises residents within the Harvard Medical School training programs.

## **Lani Kent**

Lani Kent is a Therapeutic Arts Facilitator, Survivor, Artist and Writer who has a compassionate heart for victims of sexual, physical, emotional, psychological and spiritual abuse. She is passionate about exploring expressive arts therapies with recovery groups and individual clients as an adjunct to the recovery process and has been working in this capacity for over twelve years under the name "Healing Expressions". She shares her Restorative Creativity sessions, therapeutic collage workshops, vendor exhibits and artwork with survivors, mental health professionals, childhood trauma recovery groups, professional conferences and faith-based healing ministries. She offers her honest expression of the recovery journey in the hopes that others will find the courage to share their own stories and find a voice for the wounded places with

## **Lindsay Kincaide MA, RMHCI**

Lindsay Kincaide has dedicated her professional career to assisting others achieve healthy, satisfying, and empowered lives. She earned a Bachelor Degree in Psychology from UCF and a Master of Science in Clinical Mental Health from Stetson University. She brings years of experience in the case management and public health field to her practice of therapy. Lindsay provides a safe and compassionate space to facilitate growth, creativity, and healing. She is passionate about working with trauma survivors and is an advocate for increasing community awareness about dissociative disorders. She is pleased to offer innovative and personalized services for adults, adolescents, children, and families at Center for the Healing Arts in Winter Park, FL.

## **deJoly LaBrier**

In 1988, deJoly LaBrier embarked on a journey of recovery after a childhood of ritual abuse, mind control and human trafficking. Currently, she enjoys a life of beauty, peace and tremendous joy as a result of that personal journey. deJoly's goal in life is to be a model for those who want to live a joy-filled life, even after trauma and abuse. For deJoly, healing included the importance of her spiritual connection that evolved over the years. This part of her journey brought her to the practice of Native American traditions. Another aspect of her healing came through being a guest speaker about healing from cult ritual abuse and DID at Indiana University in the Criminal Justice Department. Additionally, her healing eventually included volunteering and mentoring in the local elementary schools. Her life is rich with experiences of connections on every level. deJoly envisions a world of health and happiness for all survivors of extreme abuse, including sexual, ritual and mental abuse.

## **Lauren A. M. Lebois, PhD.**

Lauren Lebois, PhD, is a cognitive neuroscientist examining the physiology of trauma-spectrum disorders as a postdoctoral research fellow in the laboratory of Kerry Ressler, MD, PhD at McLean Hospital/Harvard Medical School. She is also the Director of Neuroimaging for Milissa Kaufman's, MD, PhD Dissociative Disorders and Trauma Research Program. Dr. Lebois completed her doctoral training at Emory University. Currently, Dr. Lebois employs brain imaging, genetic, and behavioral techniques to better understand the biological mechanisms related to traumatic dissociation, PTSD dysfunction, and recovery. She has a particular interest in self-processing related to PTSD and DID. Overall the mission of the team is to contribute to the scientific examination of traumatic dissociation and PTSD in victims of childhood abuse, and in doing so reduce stigma and improve care.

## **Robin Lickel LPC**

Robin Lickel is a psychotherapist in Madison WI, specializing in complex trauma and dissociative symptoms. She co-facilitates a group for women with dissociative symptoms. For fun, she likes to garden and disco dance.

## **Rahul Mehta**

Born in Indiana with parents from India. Misspent and out casted youth to University of Missouri - St. Louis graduate in Biochemistry and Biotechnology. He has since turned in laboratory beakers to focus solely on Community Theater, online business ownership, puppy raising, and most importantly, recovery. As a survivor of lifelong trauma, he values ownership of one's own recovery and virtues. Since treatment several years ago, he focuses on reintegration and sculpting a new life with himself and the world.

## **Robert Oxnam PhD**

Robert Oxnam is the author of the well-known psychological autobiography, *A Fractured Mind* (Hyperion, 2005). His professional background has focused on China and Asia and he was the former president of the Asia Society, a global institution focusing on education, culture, and public affairs. Currently he works as a consultant on China and pursues a creative life as a sculptor and photographer with several exhibitions to his credit. *A Fractured Mind*, however, tells the inner story -- severe abuse and Dissociative Identity Disorder. Today he spends much of his time speaking about his experience -- often to those with serious psychological problems and therapists, but also to musicians and artists seeking to understand their own untapped creative capacities. In this whole experience, he has been blessed by the deeply caring presence of his wife, Vishakha Desai, a specialist on Indian art, now working as senior advisor at Columbia University and the Guggenheim Museum.

## **Matthew Pappas**

Matt is a Certified Transition & Recovery Coach along with being a Blogger, Podcaster, and Advocate for Survivors of Childhood Trauma. As a survivor himself, Matt started a blog, *Surviving My Past*, originally as a way to simply share his story of surviving childhood sexual abuse, narcissistic abuse, and bullying. Since its inception, *Surviving My Past* has blossomed into podcasts, videos, and a place for other survivors to share their story and embrace the support of others. Throughout the experience of writing, and with the help of a therapist and certified life coach along the way, Matt has taken his journey of healing to a new level in becoming a Certified Life Transition & Recovery Coach, by opening his own Coaching practice, "Beyond Your Past". He works with clients who have experienced trauma, to help them understand how the past affects their daily life today, and how they can learn from those events, overcome, and advocate for themselves to shape the future that they have dreamed of. Matt also works with those who are experiencing major life transition in relationships, career, and family, by helping them break down each challenge, step by step, and formulate a plan for success as they navigate life and reach for their dreams. He believes that each client has the ability to change negative thinking, release shame of their past, and embrace a future of hope and possibility. The programs on *Beyond Your Past* are designed to Help You Move Forward From What Holds You Back.

## **Katherine Quam**

Katherine Quam is an Interdisciplinary Studies student with areas of concentration in Psychology, Communication Sciences and Disorders, and Linguistics at the University of Central Florida. Her work with the UCF chapter of Active Minds, a national mental health awareness group, and with the Central Florida Hillel as a Ruderman Inclusion Ambassador is sparked by her own struggles with mental health, namely her diagnosis of Dissociative Identity Disorder. She hopes to promote understanding of various mental health disorders and to show that others are not alone by sharing her own story of the road to diagnosis and recovery.

## **Mark Sideman**

Mark began his circle training working with the Center of Ethical Leadership. He moved through the levels of Circle training from participating in a wide range of circles to supporting circles to leading circles to training others to hold circles. Consistently through his journey Mark was amazed at how the Circle process supported his personal healing and providing an additional avenue for engaging his survivor healing and supporting his engagement capacity. Through his Circle Keeping Mark has held Circles addressing community issues, racial healing, and schools' in conflict. Throughout all of his work his attention has been drawn to how Circles can be an avenue of healing for those who have significant trauma history. Mark has a long history of working within the field of trauma. He has completed the Peter Levine initiated 3 year Somatic Experience training. He spent 15 years with Washington State's Division of Children and Family Services; worked as a therapist for sexually and emotionally abused pre-school children and has been a certified counselor for over 25 years. Mark has also presented numerous trainings for service professionals on supporting trauma engaged clients.

## **Kimberley Snow, MA, LMHC, LMFT**

Kim Snow, M.A., LMFT, LMHC, is a Marriage and Family Therapist and an Art Therapist in Orlando, Florida who worked with trauma victims for 34 years. A graduate of Georgetown University (B.A. and B.S.) and George Washington University (M.A.) she trained in Washington D.C. during the early development of D.I.D. (then, MPD) treatment and continued to incorporate art therapy and hypnotherapy into the continually changing and fluid landscape of trauma treatment. She currently is retired from her private practice but continues to supervise interns, consult, present, and is active in the Red Cross Disaster Team. She is back to painting, sketching, and designing costumes for plays.

## **TL**

TL is a trauma survivor with DID who began taking steps towards healing and loving her(selves) ten years ago. She is also a licensed mental health professional who has worked in the field of complex trauma on a local and national level for 30 years. With gratitude, she offers information about various trauma interventions and describes the steps taken in her own personal healing journey, with the hope that it will inspire and provide guidance to survivors and professionals dealing with trauma and dissociation.

## **TRIP- Trauma Resolution & Integration Program**

Michael Quinones, Jhodi Bowie, Robert Campbell, Karen Cardena, Roger Giovino, Kayla Mines and Ryan Strosser comprise the clinical staff at the Trauma Resolution & Integration Program (TRIP), a nationally recognized university-based clinic staffed by doctoral level trainees that specializes in treating trauma-related disorders and complex dissociation. Founded in 1990, TRIP serves a three-fold mission of providing assessment and treatment to members of the community with trauma-related difficulties and dissociation, conducting research in these areas, and equipping doctoral level psychology students to develop a high level of expertise in assessing and treating dissociation and other difficulties stemming from a history of dissociation. In addition, the program is the home of the TRIP Response Team, which replies to questions and requests for referrals submitted to the websites of two national trauma organizations, the Sidran Foundation for Trauma Education and Advocacy and MaleSurvivor. TRIP prides itself in providing state-of-the-art trauma-focused assessment and treatment based on a model that emphasizes the formation of a collaborative relationship between client and clinician and bolstering adaptive functioning in the present to adequately prepare clients to productively address and resolve past trauma. Our service philosophy is that while the expertise of therapists is problem solving, each of our clients is the ultimate expert on their own experience and our best guide in formulating solutions that are best suited to them.

## **Reyna Vaughn**

Reyna Vaughn is a wife, mother, artist, and psychology student. She is also a SRA, incest survivor with DID. Her system is poly-fragmented with many insiders. Reyna is studying to become a therapist one day. Her interests include working with trauma survivors, people with eating disorders, and attachment disorders. She hopes to incorporate art and play with clients of varying ages. This will be Reyna's 5th time attending the Healing Together Conference. Each year brings new milestones in growth and healing progress.

### **Amy Wagner MA, RMHCI**

Amy is a survivor, mom to two awesome young adults and a new therapist after recently graduating from Rollins College. Amy is currently working as a Registered Mental Health Counselor Intern and Registered Marriage and Family Therapist Intern in her growing private practice and is doing contract counseling for a child welfare agency. Amy has a keen interest in helping her clients to transform their adverse experiences into healing journeys that allow them to live their most meaningful lives. Through her personal experiences, Amy is able to understand the difficult, and at times, shameful, aspects of the healing journey for trauma survivors with dissociative aspects to their personality. In her free time, Amy loves to be with her kids, journal, hike, travel and enjoy all the world has to offer.