

Speaker Bios

Key Note- Olga Trujillo

Olga Trujillo is an attorney, speaker, author, who in 1993 was diagnosed with Dissociative Identity Disorder. Her experience over the past 30 years has been as an attorney for the U.S. Department of Justice, 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 and has been translated into Japanese, Chinese and recently released in Spanish. Olga is one of only a handful of people in the United States that speaks and trains internationally on Dissociative Identity Disorder from a lived experience.

Amy Clark, PMHNP, RN

Amy is a psychiatric nurse practitioner at McLean Hospital's Hill Center for Women, a Stage 1 trauma focused program, where she provides therapy and medication services. She also has a private practice specializing in the treatment of trauma and dissociative disorders and has been a co-leader of several outpatient DID groups along with her colleague, Erika Skorupski. Amy is a member of the steering committee for the Childhood Abuse Related Dissociative Disorders (CARDD) Education Initiative at McLean Hospital, which aims to increase the public's understanding and awareness of these disorders. Amy completed her Bachelor's in the Science of Nursing at Salem State University and received her Master's in Science of Nursing from Northeastern University. Before working at McLean hospital, she began her training with the Department of Children and Families providing direct care to latency aged children with trauma, dissociation, and attachment disorders. In addition to her clinical work, Amy has a strong affinity for international outreach and has volunteered with the Los Medicos Voladores as well as the Intercultural Nursing Inc. where she worked to build and strengthen underserved communities through healthcare and education

Rae Cuffe, LICSW

Rae specializes in using DBT with EMDR in her work with clients struggling with complex PTSD, in particular working with the complexities of dissociation including DID. She has been in private practice for over 5 years, and previously worked with traumatized families in the community. She also has several years of experience leading psychoeducation and skills-based group therapy. Her career is leaning more into the specialized subset of clients especially fragmented by the horrors of human sex trafficking.

Rebecca Harrington MSW

Becca is a survivor, thriver, and fierce truth teller. She has a background in Social Work and earned her MSW from Fordham University in 2014. After 3 years working in the field, she decided to take a break to address the years of abuse suffered in her childhood. Soon after, she began EMDR treatment with a new therapist and was diagnosed with DID, which catapulted her in a whole new life direction. Utilizing different forms of art, primarily poetry and photography, Becca began to heal her old wounds and recover from DID. Now she wants to share how she was able to do that and show you that healing and recovery is very possible.

Mindy Jacobson-Levy, MCAT, ATR-BC, LPC, HLM DVATA

Mindy is a board certified, registered art psychotherapist, and licensed professional counselor specializing in complex trauma and eating disorders. She's been in private practice for 40 years and is licensed in Pennsylvania & New Jersey, where she sees clients and provides clinical supervision for professionals. Mindy has served as an adjunct faculty member at Drexel University, and is an offsite supervisor for graduate students; she's also served as a mentor for Active Minds. She's on the faculty of the Expressive Therapies Summit NYC and is on the board of the Delaware Valley/Pennsylvania Art Therapy Association. Mindy received the Delaware Valley Art Therapy Association Honorary Life Member award (1996) and the Innovative Applications of Art Therapy Award (2015). Publications include *Finding Your Voice through Creativity: The Art and Journaling Workbook for Disordered Eating* (Gürze Books, 2010), *Guidelines for Treating Dissociative Identity Disorder in Adults (ISST-D, 2005 & 2011)*, *Group Art Therapy with Multiple Personality Disorder Patients: A Viable Alternative to Isolation* (Kluft, E., 1993), and several articles/conference audiotapes. Mindy uses reflective art making within her private practice, and for her own enjoyment. She believes that art is a life-line in the healing process.

Cynthia Kaufman DDS

Dr. Cindy Kaufman was honored to be a presenter at Healing Together in 2017 and 2018. She is a dentist from Doylestown, PA, a scientist, writer and perpetual student of life. Her focus is to use her personal experiences along with her medical background and treatment history to help teach and support patients, clinicians and laymen alike, about DID, eating disorders and the mental health care system.

Kristin Kwak

Kristin Kwak is a nutritional therapist and registered dietician with a Master's of Science degree from Case Western University in Cleveland, OH. She was an out-patient manager and consultant in Nutrition Services at the Renfrew Center for Eating Disorders in Philadelphia and now works in Private Practice in Bucks County, PA. Kristin is a member of the American Academy of Nutrition and Dietetics and is on the board of the Greater Philadelphia chapter of the International Association of Eating Disorder Professionals. She works with DID patients in her practice and hopes to educate others on the treatment of eating disorders within the DID community.

Lauren Lebois PhD

Lauren A. M. Lebois, PhD, is a cognitive psychologist and neuroscientist focusing on the biomarkers of trauma-spectrum disorders as the Director of Neuroimaging for the Dissociative Disorders and Trauma Research Program. She is also an Assistant Neuroscientist in the laboratory of Kerry J. Ressler, M.D., Ph.D. Overall, her work aims to scientifically examine the predictors and correlates of posttraumatic neuropsychiatric sequelae, and in doing so reduce stigma and improve psychiatric care. Currently, she employs functional magnetic resonance imaging, neuroimaging genetic, and behavioral techniques to better understand the mechanisms of trauma-generated dissociation, Posttraumatic Stress Disorder (PTSD) dysfunction and recovery. She has a particular interest in self-processing related to PTSD and Dissociative Identity Disorder.

Christine Marston PhD

Dr. Christine Marston is a licensed psychologist in private practice in Bucks County, PA. She completed her doctoral degree at the California School of Professional Psychology, with an emphasis in Health Psychology and brings over 20 years of clinical experience to her work with clients, treating dissociative disorders, eating disorders, depression, anxiety and trauma. She completed her postdoctoral training at the Renfrew Center for Eating Disorders in Philadelphia and serves on the board of the Greater Philadelphia chapter of the International Association of Eating Disorder Professionals.

Nancy-Lee Mauger

Nancy-Lee is a mother of two wonderful adult children. She received her Bachelor's of Music with a focus in French horn performance from the Manhattan School of Music. She also completed her Master's of Music, from the University of Massachusetts, also in French horn performance. Nancy-Lee is currently a member of the Me2/Orchestra, an orchestra designed specifically for people with mental health issues and their supporters. In addition to being a talented musician, Nancy-Lee is a skilled visual artist. Having been diagnosed with DID in 2010 she has used art to educate the public and decrease stigma around mental health issues. She has given her talk The Art of Healing in many settings, has participated in several solo and group exhibitions titled I Simply Paint- Conversations with Myself. The aim of these showings was to depict Nancy-Lee's lived experienced with DID.

Stephanie Rickey, PsyD

Stephanie A. Rickey, PsyD, is the director of admissions for the Hill Center for Women, a residential and partial hospital program specializing in the use of skills training for women with PTSD. As a doctoral student, she trained with Dr. Christine Courtois at The Center for Post-Traumatic Disorders in Washington, DC. She completed her post-doctoral training at McLean's Women's Treatment Program (now the Hill Center for Women), with a focus on post-traumatic stress disorder (PTSD) and the dissociative disorders and has also trained in and run dialectical behavior therapy (DBT) groups for women with PTSD and dissociative disorders. Dr. Rickey is a member of the McLean Hospital trauma consultation and LEADER consultation teams. An instructor in psychology in the Department of Psychiatry at Harvard Medical School, she also supervises psychology post-doctoral fellows and psychiatry residents and is a group leader at the Hill Center.

Larry Ruhl

Larry Ruhl is a visual artist and author of *Breaking the Ruhl*, a memoir about recovering from childhood sexual abuse and complex trauma. He serves on the board of Taking Back Ourselves, an organization that provides healing weekends of recovery for women survivors of sexual abuse and assault. He has spoken at colleges and retreats to increase awareness of sexual abuse against men and boys. He is a member of the RAINN Speakers Bureau. Today he shares his story publicly to spread awareness and to help others shed the shame and stigma associated with sexual abuse and addiction. He graduated from the Fashion Institute of Technology (FIT), with a degree in Display & Exhibit Design.

Erika Skorupski, LICSW

Erika is a Licensed Independent Clinical Social Worker who has over 10 years of experience working with trauma and dissociative disorders. Erika began her work as a counselor at McLean Hospital in 2007 on the Trauma and Dissociative Disorders inpatient unit before returning to graduate school, at Simmons University in Boston, where she received her Master's degree in clinical social work. She completed her first social work internship at the BRIDGE program, an alternative school in Lowell, MA specializing in the treatment of adolescents with trauma and severe behavioral issues. She went on to complete her second internship at the Hill Center for Women at McLean Hospital specializing in the treatment of women with trauma, PTSD, and dissociative disorders. For the past 5 years, Erika has worked as a clinical team manager at the Hill Center as well as starting her private practice where she treats individuals with PTSD, DID, and other trauma related disorders. In addition, she has been a co-leader of several outpatient DID groups along with her colleague, Amy Clark. She is also a member of the steering committee for the Childhood Abuse Related Dissociative Disorders (CARDD) Education Initiative at McLean Hospital, which aims to increase the public's understanding and awareness of these disorders.

Rebecca T.

Rebecca is a dedicated wife and mother of two amazing children with special needs. She is a professional special education advocate and active volunteer for the Tuberous Sclerosis Alliance. Having received a diagnosis of DID in 2005, Rebecca has experienced multiple modalities, including group therapy, as part of her treatment.

Jenn Turner

Jenn has had the honor of working with survivors of trauma for over a decade. Along with working in private practice as a trauma-informed therapist, Jenn has been leading TCTSY classes for women at the Trauma Center since 2008 where she also oversees the teaching team. She delivered the intervention and developed protocol for the first ever NIH study that examined the effects of yoga on treatment-resistant PTSD. She leads trainings in TCTSY throughout the U.S, provides consultation to organizations on how to become more trauma sensitive and offers clinical supervision. In 2018, Jenn co-founded the Center for Trauma and Embodiment at JRI.

Joanne H. Twombly, MSW, LICSW

Joanne is in private practice in Waltham, MA where she works extensively with people with complex PTSD and Dissociative Disorders. She also provides trainings and consultation in EMDR and IFS. She has had several book chapters published on EMDR, EMDR and Internal Family Systems, and on working with Perpetrator Introjects. Her commitment to providing the optimal space for healing has resulted in her becoming an EMDR Trauma Recovery HAP Facilitator, a certified consultant in EMDR, Internal Family Systems Certified, and an American Society for Clinical Hypnosis Consultant. She is the past president of the New England Society for the Treatment of Trauma and Dissociation and served on various committees and the board of the International Society for the Treatment of Trauma and Dissociation where she received their Distinguished Achievement Award in 2010