

Presenter Topics for WTAADAC Conference:

Irene Bernard & Lene Brown separate (TFT) presentations - Comprehensive exploration of **trauma/ (TFT)**

Dr. Irene Y Bernard, CEO of Spirit Builders, Inc., a non-profit organization dedicated to providing counseling, coaching, and consultation services. Through this organization, she impacts lives and promotes well-being. is a remarkable clinician with a wealth of experience and a unique perspective. She holds several certifications, including LADACII (Licensed Alcohol and Drug Abuse Counselor II), CAADC (Certified Advanced Alcohol and Drug Counselor), CPRS II (Certified Peer Recovery Specialist II), and QCS (Qualified Clinical Supervisor). Her training in EMDR (Eye Movement Desensitization and Reprocessing) adds to her expertise. As an ordained minister, Dr. Bernard brings a distinctive perspective to her work. She operates at the intersection of faith and science, recognizing the interconnectedness of mental health, emotions, and spirituality. She also serves as an adjunct professor at Memphis Theological Seminary and Huntsville Bible College. Her focus is on pastoral care, peer counseling, and licensure preparation.

Dr. Irene Y Bernard's commitment to holistic well-being, her unique blend of faith and science, and her dedication to helping others make her an inspiring figure in the field of mental health and counseling. If you're seeking support during life transitions or dealing with addiction, trauma, or grief, Dr. Bernard's expertise can guide you toward healing and growth. Her expertise spans both non-profit and for-profit sectors, focusing on various specialties:

Substance Use Disorder (S.U.D): Dr. Bernard helps individuals struggling with addiction, providing support and guidance.

Behavioral Addiction: She addresses non-chemical addictions such as shopping or gambling, helping clients redirect unhealthy behaviors.

Trauma and Grief: Dr. Bernard utilizes innovative approaches, including Expressive Therapies, to assist clients in navigating grief associated with life changes.

Diverse Work Settings:

Her extensive experience includes working in diverse environments: Behavioral Hospitals, Residential Treatment Centers, School Districts, and Juvenile Detention Centers.

Professional Contributions:

Dr. Bernard actively participates in several professional associations, serving on boards and contributing to organizations like NAADAC and TSPN.

Presentation: Unraveling Trauma: A Journey towards Healing “Embark on a journey into the realm of Trauma Focused Therapy (TFT) with Dr. Irene Bernard. This workshop offers a comprehensive exploration of trauma, tackled from an Evidence-Based, Multidisciplinary Approach. Participants will be actively involved in practical exercises designed to equip them with strategies to assist clients in crisis situations and address lingering trauma. The workshop is particularly tailored for professionals operating in environments where Brief Therapy is prevalent. All necessary materials will be provided.”