



PROVIDED BY:



LOVE THY SELF:

Vicarious Trauma Self-Care Workshop

THURS, JULY 31 :: 11:30AM-1:00PM :: ONLINE

ZOOM LOGIN LINK: [HTTPS://WOCUMC.ZOOM.US/J/89529427361](https://wocumc.zoom.us/j/89529427361)

Our lives are constantly being bombarded with images and experiences of seismic shifts, suffering, loss, chaos, and hopelessness to change the situation. Whether being done to us or around us, our inevitable absorption of these “traumatic stressors” shows up in our psyche, behaviors, and relationships in unhealthy ways. The bottom line is that showing up as our best selves in ministry and service takes self-care.

This 1 ½ -hour workshop prepares ministry servants, pastors, community service providers, and justice professionals to recognize the mental and emotional signs of vicarious trauma. It gets you back on track with some self-care practices as you face exposure to life’s traumatic stressors.

QUESTIONS?? CONTACT:

DR. CAMISHA CHAMBERS, ALL IN COMMUNITY NURTURING COMMUNITIES COORDINATOR
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Presenter: Dr. Camisha Chambers

Dr. Chambers (D.Min) earned her Bachelor of Arts Degree from Miami University, Oxford, Ohio, and her Master of Science in Organizational Leadership from Mount St. Joseph University. She has her Doctor of Ministry from United Theological Seminary. Her thesis work focused on “Spiritual Cultivation and Trauma Healing Through Music Therapy” in places of worship and community settings. Additionally, she has her certificate in Music Therapy and Sound Healing through the University of Cincinnati’s “edontheGO” program; she holds a PROSCI Change Management Designation and is a certified Therapeutic Art Life Coach.

Dr. Chambers dedicates her life to the betterment of others, and her passion comes alive whenever she can serve others. She is responsible for multiple local, regional, and statewide community initiatives, and her program initiatives have touched the lives of over 65,000 individuals combined. She loves helping others create a path to healing and wholeness in their lives so they can be their best self. In addition, Dr. Chambers is well-versed in the areas of strategic planning, mobilization, change management, organizational development / branding, and networking / relationship building.

She serves as the Nurturing Coordinator for All In Community where she facilitates Trauma Resilience Trainings, Vicarious Trauma Trainings, and Wellness Sessions. In 2024, Dr. Chambers founded the Refuge Trauma Recovery Institute located in Butler County, Ohio. The work of the Institute includes the infusion of Biblical and Scientific teaching principles and employs music and art therapeutic models to help the community rise above the many traumas, triggers, and stressors of life.

Dr. Camisha is a Cincinnati native. In 2000, Camisha received the Cinergy Multicultural Award. She was selected for the National Dean’s List in 2002, and again in 2004. She received the Miami University President’s Award in 2004. She was a YWCA Rising Leader in 2013 and was nominated for Miami’s 180f9 in 2014. Additionally, she was the recipient of the 2015 Women’s Social Justice Award at Mt. St. Joseph University.