



GREEN CROSS

Academy of Traumatology

NEWSLETTER

Vol 8 Issue 4



SAVE MY SEAT!

- > EARN OVER 30 CEUS
- > NETWORK WITH YOUR PEERS
- > INTERACT WITH EXHIBITORS
- > ATTEND KEYNOTE LUNCHEONS

FMHCA 2025 is around the corner, get your ticket and come and learn from some of GCAT's Board members.

ICISF World Congress 18 is a few months and you do not want to miss this opportunity to learn and support your community.



GCAT's trajectory is making waves and touching lives worldwide!

Contact

Give us a call for more information about membership or certifications.

Green Cross Academy
of Traumatology
c/o Divine Mercy University
45154 Underwood Lane
Sterling, VA
20166

Tel: 571-302-3448
Email: gcatofficemanager@gmail.com



Donate

Please consider giving today and sharing our mission and need with others!

To donate and learn more, visit:

www.greencross.org

Green Cross Academy of Traumatology Strategic Partnership with ICISF



ICISF Strategic Partnership Press Release...Extract

"The leadership at Green Cross Academy of Traumatology is excited to enter into this new partnership with ICISF. Dr. Mary Schoenfeldt, Board President of Green Cross said, "thank you ICISF for the collaborative working relationship we have shared for many years and we look forward to all we can do together in the future. The members of both organizations will be gain as a result." Dr. Schoenfeldt reminds all ICISF members that the ICISF trainings you have taken in many cases can be cross walked into GCAT membership and courses required for certification in one of many GCAT's levels of programs such as Field Traumatologist and Compassion Fatigue Practitioner."

To Read more click [HERE](#)





Director's Corner

Greetings and Merry Christmas to all, as well as Chanukah,

This quarterly Newsletter comes out this year right around the holidays. As such it is a good vehicle for looking back on the past year. For myself, most of you know I spent the year fighting throat and neck cancer and as of last Tuesday and today, I have a total clean bill of health, being cancer-free but still in recovery for the next year. Green Cross has been diligently moving forward but slowly with C-WHO for those that are not aware, a management group (C-WHO) and working relationship that they will help grow in a number of directions and ways. We hope to tell you more of that in the new year. We have started to add to our Board members and those who were recommended and have accepted include the following:

Dr. Xavier Justice from Washington - DC, Mr. George Frosythe from Maryland, Mr. Nathan Ray from Washington State, Ms. Cindy Ehlers from New Hampshire, Mr. Lemuel Williams from Trinidad, and Dr. Mary MacNaughton-Cassill from Texas. Over the next year, these folks will be rotating in, and as all of the former members will be rotating out. Dr. Mary Schoenfeldt and Dr. Daniel Casey will be continuing with the Board as Emeritus members. When I complete my time in the role of Executive Director, I will also rotate to Emeritus. We have quite a bit to be thankful for with the current members of the board who will be rotating for the next year which will include: Dr. Mary Schoenfeldt, Dr. Daniel Casey, Dr. Kim Harris, Dr. Kathie Erwin, Dr. Sherry Todd and myself will continue to work with Green Cross to move the organization forward. I want to take this opportunity to thank each and everyone of them for the tremendous time and effort they have put into this organization in furthering the mission of training others to be prepared for disaster and crisis, and be willing to stand in the gap of deployment to assist survivors in not developing PTSD and supporting first responders to take care of themselves and avoid Compassion Fatigue.

I know many of you volunteered time to deploy to North Carolina and Florida this past year with hurricane Helene and Milton causing so much damage, that many of the communities are still stuck. Please know that we have been helping some communities by offering training both online and in-person, however, we were not able to find an organization to call us in to deploy teams. We have made some in-roads to avoid that situation in the future but we are still not there with a contract or Memorandum of Understanding (MOU). We have renewed and refreshed our relationship with ICISF (the CISM folks - ICISF) and hope that our relationship with them will grow, and that we will continue to work together through training and deployment. We are discussing with several organizations to embed when they deploy which will certainly activate all of our volunteers on a more frequent basis.

Director's Corner



In the next year, I hope that we will set a tone that will allow Green Cross to continue to spread its wings by increasing membership through training, and by increasing our outreach worldwide. We now have sites in 7 countries beyond the United States with our newest group coming from the Philippines. Ms. Charlene Lucas, RPsy, CSAT, CSIOP, MT, DAAETS (soon to be Dr.), has done an amazing job putting together a program and offering training in the Philippines of the Green Cross courses. She is having a tremendous response and along with that, I am hoping to see many new members in the coming year. I do want to take this opportunity to encourage all of you to participate with us in our working and standing boards, such as deployment, curriculum, funding etc. All it takes is an email to our office and we will add you someplace, or just send us an email and we will add you. Lastly, I want to sincerely thank many of you for your prayers, comments, and emails over the last year. I have been strengthened by you and encouraged by you in overcoming cancer. In fact, I have received so many of these that writing personally became too difficult so please accept my thank you, apology, and most grateful appreciation for all of you. Have a wonderful Holiday season and I look forward to seeing you in the new year.

Warmly,
Ben

Benjamin B. Keyes, PhD, EdD, LPC
Director Center for Trauma and Resiliency Studies
Executive Director Green Cross Academy of Traumatology
Divine Mercy University
45154 Underwood Lane
Sterling, VA 20166
727-460-7999 Cell
bkeyes@divinemercy.edu
www.greencross.org





GCAT's other Partners

AAETS

The American Association of Experts in Traumatic Stress



The Academy defines traumatic stress as, “the emotional, cognitive, behavioral, physiological experience of individuals who are exposed to, or who witness, events that overwhelm their coping and problem-solving abilities.” The Academy's mission is to increase awareness of the effects of traumatic events and, ultimately, to improve the quality of intervention with survivors.

Click [HERE](#) for more information.

ATSS

The Association of Traumatic Stress Specialists

ATSS continued priority is to emphasize and to recognize the experience, the continuing trauma-focused education and training of service providers who represent, trauma treatment, trauma response and trauma services.

Click [HERE](#) for more information



Green Cross Academy of Traumatology

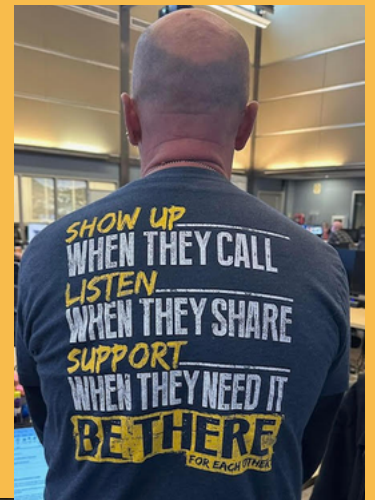
Tacoma, Washington Deployment



In December, Dr. Mary Schoenfeldt, the GCAT Board President and Deployment Coordinator, addressed the organization's members regarding a recent urgent request for support in Washington State. In her message, she highlighted the fluid and unpredictable nature of crises and disasters, acknowledging the unique challenges they present. She expressed gratitude to those who responded to the initial call for assistance, despite limited information.

The situation centered around a high-profile court case in Washington State, nearing a verdict. Anticipating potential community reactions following the verdict, local response agencies, led by the county Emergency Management Department, had activated their Emergency Operations Center. GCAT was requested to stand ready with a small team to support these efforts.

Nathan and Peggy Ray, members of Green Cross responded as a small team to this incident representing Green Cross and providing support to local emergency response teams.



**Article on Mental Health Support for
Disaster Trauma by Ruth Baugher Palmer,
Mary McNaughton-Cassill & Mary
Schoenfeldt**



[Click HERE to read more!](#)





January
24th & 25th,
2025

Gestalt Workshop

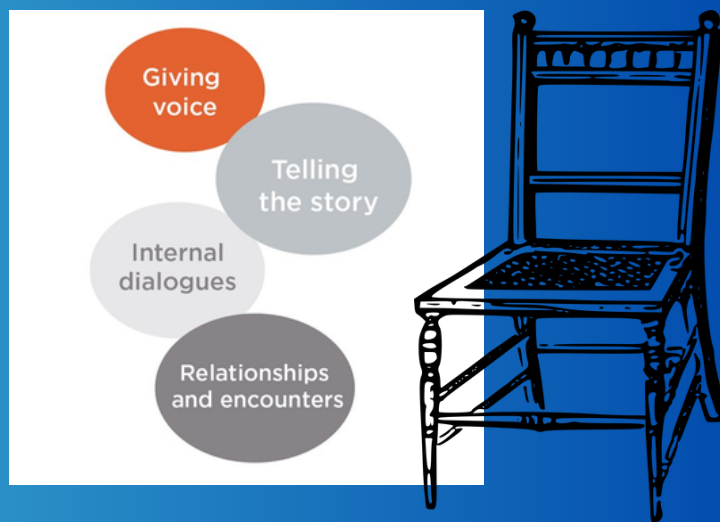
In January, the Center for Trauma and Resiliency Studies (CTRS) and Green Cross at Divine Mercy University held it's annual Gestalt Training Workshop.

What is the Gestalt Therapy Technique?

The Gestalt technique is a form of psychotherapy that focuses on the individual's experience in the present moment and emphasizes personal responsibility, awareness, and self-understanding. Developed by Fritz Perls, Laura Perls, and Paul Goodman in the 1940s and 1950s, Gestalt therapy integrates elements of existentialism, phenomenology, and Eastern philosophy into its approach.

What is Chairwork?

Chairwork, also known as the "empty chair technique," is a therapeutic intervention commonly used in Gestalt therapy and other forms of psychotherapy. It involves the use of an empty chair to represent a person, an aspect of oneself, or a situation, allowing the client to engage in a dialogue or role-play with the imagined or represented entity.





January, 24th
- 25th 2025

Gestalt Workshop

Led by Dr. Benjamin Keyes and Alexandra MacCracken, the January '24 DMU Gestalt workshop of 18 souls was an immersive gathering of exploration, discovery, and breakthroughs utilizing the holistic framework of Gestalt; with participants coming to a greater understanding, compassion, and awareness of themselves and each other. When a Christian frame is used with Gestalt in regarding the body as the Temple of the Holy Spirit, the power of the Holy Spirit is made evident. In harmony with the Incarnation, and embracing the sacredness and dignity of embodiment, spiritually-integrated Gestalt reveres the body as a rich source of information, and as a means of fostering a contemplative space for profound realizations. "The body is always talking and the body never lies."

Alexandra MacCracken, Gestalt Soul Care Mentor, has shared her work in various venues including the NoVa area and prestigious international conferences in Germany and Mexico. gestaltsoulcare.com

Her innovative approach, Gestalt Soul Care, synthesizes spiritually-integrated Gestalt work, contemplative practices, Coaching Modalities, 12-step wisdom, and Aesthetic principles as a healing offering. Alexandra is a member of Church of the Holy Comforter (Episcopal) in Vienna, Virginia, and there heads the Healing Prayer Team, is part of the Wellness and Spirituality Center, and serves as a Lay Minister of Pastoral Care.



"This workshop was a fantastic hands-on experience.

Profoundly experiential, not only in observing the application of the techniques, but in experiencing them. The various exercises were personally refreshing and brought deep insight. It felt more like a retreat, where the knowledge is acquired throughout your being, rather than staying in the head alone." -Participant



Florida Mental Health Counselors Association Annual Conference 2025: Jan 29th - Feb 1st



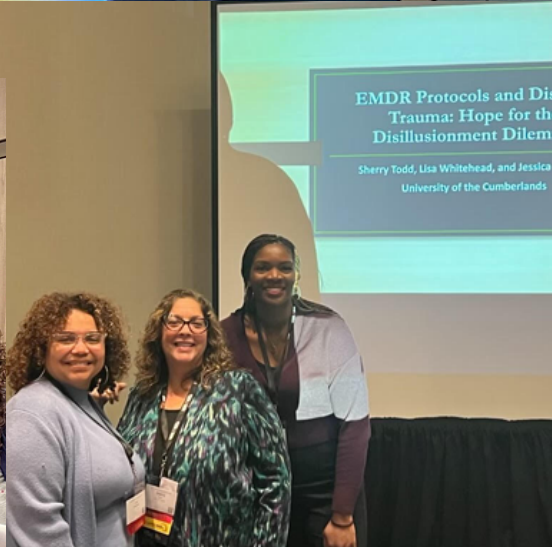
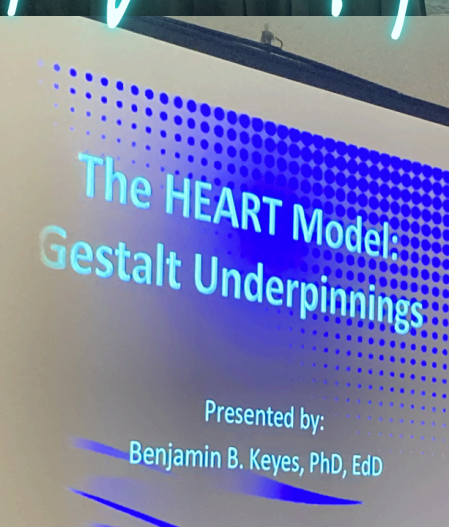
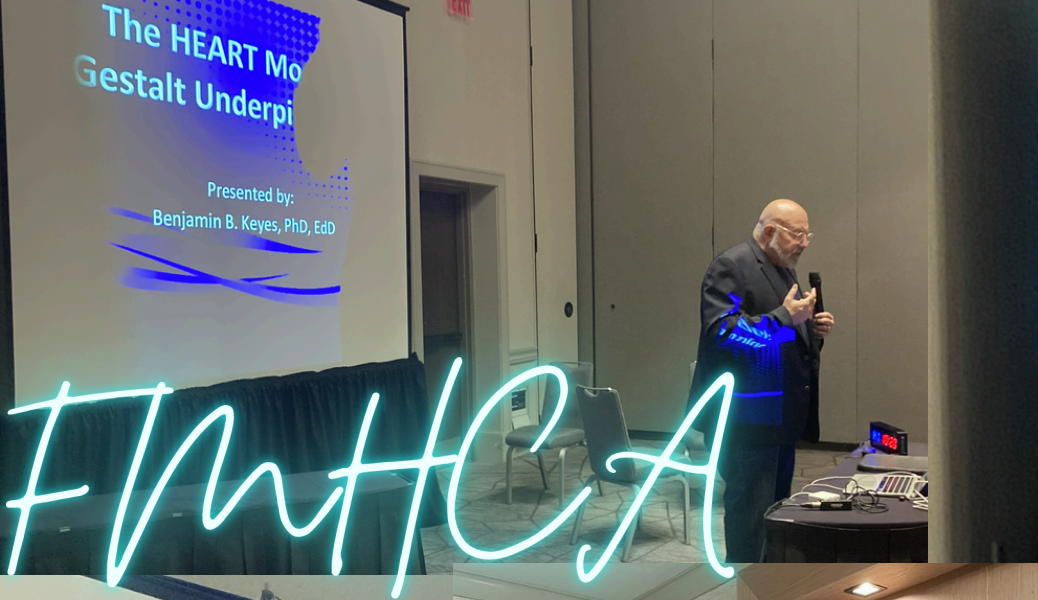
SAVE MY SEAT!

- > **EARN OVER 30 CEUS**
- > **NETWORK WITH YOUR PEERS**
- > **INTERACT WITH EXHIBITORS**
- > **ATTEND KEYNOTE LUNCHEONS**

The Florida Mental Health Conference convened in February in Lake Mary, FL, under the leadership of Dr. Kathie Erwin, President of FMHCA. Notable presenters included Green Cross's Executive Director Dr. Benjamin Keyes and GCAT member, Dr. Sherry Todd, who shared their latest research and areas of expertise.

The conference aimed to spotlight advancements and collaboration in mental health care, emphasizing a pragmatic approach to addressing contemporary challenges in the field.







GCAT Visit to Yaounde Cameroon

**Training Updates in Cameroon
from Me4Real
Written by Olive Abena**



In February, Green Cross's Executive Director visited Cameroon in collaboration with the organization Me4real. Dr. Keyes visit this year was dual focused - training a new set of counselors in the Green Cross courses for Compassion Fatigue Practitioner, Compassion Fatigue Educator, Child and Adolescent Trauma, and Treating Traumatized Families. We had a total of 74 participants for this training with deep engagement. It was one of the trainings which saw a very high partnership with local churches and opened our eyes to the increasing need for more trained trauma counselors in Cameroon. It was enriching for all the participants who were drawn from about 5 different regions in the country.



16 counselors who had fulfilled all requirements for certification received their certification during a closing ceremony that brought together representatives from the ministry of Public Health's department of mental health. It was a dream come true to have the Cameroon government represented in the room and we are hopeful that this will be the beginning of deep collaboration between us and the government to build more trauma counselors to serve the highly traumatized populations amongst whom we live.

Me4real is a nonprofit that helps children, adolescents, and adults live in line with their unique makeup and the purpose for which they were created to experience fulfillment in their personal lives and catalyze transformation in their relationships, communities, and the world.

**Yaounde, Cameroon
(+237) 651 621 861**

**Bamenda, Cameroon
(+237) 651 273 442**

me4realinternational@gmail.com



GCAT Visit to Yaounde Cameroon 2024



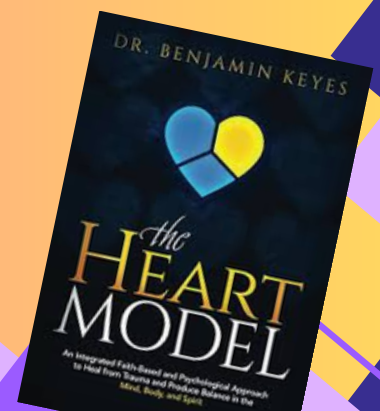
GCAT Visit to the Philippines 2024



Dr. Keyes provided training in EMDR Level 1 and the HEART model to 48 participants at Rizal Re-Creation Center, Philippines. Attendees ranged from those in private practices to those working in NGOs with sex abuse victims and victims of online sex abuse and exploitation. Feedback for both trainings was excellent, and there was a particular appreciation given for the HEART Model and its applicability to both the sex abuse and Christian counseling setting. One attendee said "This HEART Model is exactly what I have been looking for!". This training week was hosted by Rizal Re-Creation Center and facilitated by Charlene Lucas and Miriam Bongolan, both members of GCAT.



**Order your copy
TODAY!**



Dr. Alina Garbuz, PhD
Beautiful Minds Counseling, Coaching, and Consulting PLLC

Memorial Day- Is the Story You are Living Worthy of the Price Paid for Freedom?

By Alina Garbuz on May 27, 2024 11:54 am

Freedom is more precious than safety, than security, than life itself. It is why we give our life for freedom. My colleagues and I just spent some time in Ukraine working with social workers, health professionals, first responders and anyone interested in resilience in the time of war. Compassion fatigue is setting in as three years of active invasion is weary on the soul. And yet, retreat is not an option. Heroes do not give up. Love will have the final say. Justice wins in the end. History bends towards the work of the angels, humans who do not cease to respond to the evils of the world, but arise and shine, bloody and wounded, and yet, they arise and shine. Together, they arise and shine.

On this Memorial Day, take time to meditate and contemplate on the price that has been paid and keeps being paid, the blood shed, and the lives given, for our freedom. In addition, consider your responsibility in honoring this freedom in the way that you live. The things you give your attention to. What do you prioritize. For where your attention goes, is who you become, and who you become is how you contribute to society, to community, to life, to the very preservation of freedom. You are necessary. We all are.

Is the story you are living worth the price that was paid? This is not a light question. It must be felt deeply and considered entirely.





As we daily walked the long central street of Khmelnytsky, Ukraine... Large memorials, pictures of fallen soldiers and their stories, were displayed for all to see. Some just passed but a week ago. Many were my age. Mid thirties. Poets, athletes, musicians... brothers, fathers, husbands, sons... all gave their lives so that maybe the children of Ukraine can live in freedom.

As I return home, to the American flag, to the sea of diversity, the many colors of our nation, the reason my parents moved our family here after the fall of the Soviet Union.. so that we can be free and use our freedom to set others free... I feel deeply about my life and the responsibility that befalls me and my fellow brothers and sisters... the responsibility to live intentional lives, worthy of the great price paid.

I pray today that we all take some time to truly give thanks for freedom, for the warriors who gave their lives through the many many years... Take time to give thanks, take time to honor, take time to remember, take time to pray for those still fighting for this freedom. And remind your loved one to do the same.

Sincerely,
Dr. Alina





ARTICLES



Have you been reading any of our articles?

If not, you need to check out our website to read more. Also, check us out in other journals such as the Journal of Counseling & Development, July 2017 volume 95. You can also visit the Domestic Preparedness website through the link below to learn more about how effective our services and methods.

Click [HERE](#) to read more.

Visit one of our member's websites below and read more about some of the life-changing services we are providing all over the world.

Click [HERE](#) to read more.

A Guide to Self Care for Entrepreneurs

Click [HERE](#) to read more.

By Stephanie Haywood.

How to Start Your Addiction Recovery as a Professional

Click [HERE](#) to read more

By Stephanie Haywood.

We would love to read and share your stories in our next newsletter and on our website about the work and experiences you have had with us through any of our deployments or workshop training in other parts of the world.

Send us an email: gcatofficemanager@gmail.com



GCAT Online Training



DISCLAIMER

All the courses currently on the Green Cross Academy of Traumatology website (www.greencross.org/training-CE) were filmed at Regent University, VA (Former site location - a Christian Institution).

The policy required that the courses begin with a prayer and include spiritual dialogue.

The courses on our website currently come from the Center for Trauma and Resiliency Studies.

As other sites create new training videos, we will make them available on the GCAT website.

Thank you for choosing Green Cross Academy of Traumatology for your training and certifications.

Check our website (<https://greencross.org/training-ce/>) for more information on all our various sites and their training schedule/prices.





GCAT Committees Open to all members!



We are always in the process of making changes that will allow more participation for ALL members knowing that deployments are not always possible for everyone. In order to facilitate this, we established the following committees:

Deployment Committee
Fundraising Committee
Social Media Committee
Liaison Committee
Conference Committee

All members are encouraged to join.
We are not limited to these and are always open to input from you.

Do you have IT skills, writing skills, grant experience, etc.?

Please consider helping GCAT in those areas.

GCAT relies on our membership to be available in times of crisis but also to help spread word about the work we do.

You can donate through our website:

www.greencross.org

OR

send a check to:

Green Cross Academy of Traumatology

c/o Divine Mercy University 45154 Underwood Lane, Sterling, Virginia 20166



GCAT Sites



College of Clinical Care
A DIVISION OF THE TRAUMA INFORMED RESILIENCY ACADEMY

College of Clinical Care

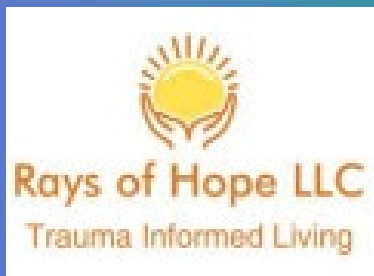
Director: Xavier Justice

Email:
admin@collegeofclinicalcare.com

Address: 3420 Stanton Road SE, #303
Washington DC 20020

Phone Number: (202) 270-8525

Website:
<https://www.collegeofclinicalcare.com>



Rays of Hope Academy of Traumatology

Address:

3405 172nd St. NE, Suite 5-27
Arlington, Washington 98223

Contact: Nathan Ray

Email:
nathan@raysofhopellc.org

Phone Number: 206-793-8506

Website:
<http://www.raysofhopellc.org/>



Academy for Trauma Studies and Disaster Response

Director: Dr. Alina Garbuz

Email:
hello@alinagarbuz.com

Address:
Beautiful Minds Project Inc
Colorado Springs, Colorado
80924

To register:
Phone: 413-454-7398



College of St. Joseph

Contact: Dr. Robert Walsh
Email:
dr.robertwalsh64@gmail.com
Address:

Office 216, St. Joseph Hall
71 Clement Road
Rutland, VT 05701

Phone Number:
(802)236-9154

Minnesota, USA

Upper Midwest Traumatology Training Institute (UMTTI)

Director: Dr. Daniel Casey

Email: dlcasey@frontiernet.net

Address:
11959 77th St.
Clear Lake MN 55319
Website: www.jec-counseling.com



UNIVERSITY OF THE
CUMBERLANDS

Center of Occupational Phenomena and Traumatic Stress Studies (COPTSS) University of the Cumberlands

Director: Dr. Sherry Todd
Address:

University of the Cumberland
6162 College Station Drive
Williamsburg, Kentucky 40769



Director: Dr. Sherry Todd

Email: newvitaneuro@gmail.com

Address:
New Vita Academy of Traumatology
101 N. Lynnhaven Rd, Suite 200
Virginia Beach, Virginia

Website:
<https://newvitaneurotherapycenter.com/>



Me4Real International
Yaounde, Cameroon

Contact: Delphine Fanfon

Email:
me4realinternational@gmail.com

Office Coordinator: Priscille
Djimpe

Email: priscilledjimpe@gmail.com

Facebook Page: Me4Real
International



Contact: Lemuel Williams

Email: greencrosstt@gmail.com

Address:
Woodbrook Pentecostal Church
53 Gallus Street
Woodbrook



Director: Dr. Vanessa Snyder

Email: info@resiliencesource.com

Address:
515 E. Crossville Road
Bldg 100, Ste 140
Roswell, GA 30075

Phone: 770.299.9410

Website: www.resiliencesource.com



Traumatology Institute
Toronto, Canada

Director: Dr. Anna B. Baranowsky, CEO

Email: Learn@Psychink.Com

Address: Traumatology Institute (Canada)
703 - 4789 Yonge Street
Toronto ON M2N 0G3
Canada

Phone: 416 -733-3838

Fax: 416 -733- 8998

Website: [Https://Psychink.Com/](https://Psychink.Com/)



**CENTER FOR TRAUMA
& RESILIENCY STUDIES**
AT DIVINE MERCY UNIVERSITY

**Center for Trauma and
Resiliency Studies**

Contact: Dr. Benjamin Keyes

Address:
45154 Underwood Lane
Sterling, VA, 20166

Website:
<https://divinemercy.edu/academics/ctrs/>



**Traumatic Incident
Reduction Training (TIR)
Workshops**

Contact: Ms. Yohana Casali

Email: info@thetrcenter.org

Location:
4343 West Flagler St., Suite 503
Miami, FL 33134

Website:
<https://www.traumaresolutioncenter.net/>



**Asociación Mexicana Para
Ayuda Mental en Crisis
MEXICO**

Director: Dr. Ignacio Jarero

Email: nacho@amamecrisis.com.mx

Text: (775) 234-2037

Website:

<https://www.scalingupemdr.com/assyst-remote-online-training>



**MTS Green Cross (Moody
Bible Institute)**

Address :

860 N Lasalle BLVD
Chicago , Illinois, 60610

Phone Number: 312-329-2870

Email:

mtscounselingcenter@moody.edu



Fairmont, West Virginia

**Appalachian Trauma
and Resiliency Center**

Director: Dr. Jude Black

Email: drjude@wvcounseling.com

Address:

207 Fairmont Avenue, Fairmont, WV
26554

Website:

<https://www.wvcounseling.com/>

Phone: 681-404-6869

**Richmond, Virginia RVA
Institute of
Traumatology**

Director: Cheryl St. Denis

Email: Cstdppl@gmail.com

IPTPR



**Instituto de
PsicoTraumatología de
Puerto Rico**

Director: Dr. Carlos
Velazquez-Garcia

Address:

#84-11, Calle 70, Urb. Sierra
Bayamón,
Bayamón, Puerto Rico 00961
787-370-4478

For more information

Visit: <https://www.ipt-pr.org/>
or

Email: registrador@ipt-pr.org

