

Mid-Atlantic Regional Community of Practice

Recognizing the Effects of Secondary Trauma, Compassion Fatigue & Burnout on Service Providers, Clinicians & Caregivers Assisting the Military & Veteran Population

Wednesday, July 24, 2019

9:30 am – 11:30 am

Speaker Bios:



Nick Williams, MS, NCC, LPC
CEO/Therapist/Co-Owner
Indelible Changes

Nick is the son of a Nurse and a Human Services Professional/Law Enforcement Officer. Growing up, he witnessed the true meaning of Public Service. Prior to entering into Behavior Health, he served over seven and a half years in the United States Marine Corps; achieving the rank of Sergeant as an Infantryman and obtaining a Bachelor's degree in Social Psychology prior to separating. While fortunate to not have to engage in direct combat, his time in the military did include one combat tour among others. He understands firsthand what it means to serve a cause greater than oneself, and Indelible Changes is his new cause.

He has a Master's degree in Mental Health Counseling; is a Licensed Professional Counselor, and a National Certified Counselor. In addition, he is a Board Certified Supervisor for mental health counseling and marriage and family therapy. He has additional training in child and adolescent behavioral health, couples and family therapy, trauma, substance use, and family engagement. Much of his past clinical experience involved working with families of children and adolescents with behavioral disorders, to include high instances of trauma, abuse, and neglect. Nick's clinical experience includes providing individual, family, and group therapy in the outpatient, home, community, and residential group home settings. He has over 20 years of experience in leading, supervising, and managing; within the military and the field of Behavior Health; working in the military, private, and local government sectors.

He considers his primary theoretical orientation to be Cognitive Behavior Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR), although he mostly practices from an integrated approach. The tenets of CBT that he most closely identifies with include empowering people to take personal accountability for their life; moving people beyond just thinking and feeling healthier but to also behaving the same; and helping people develop more accurate and healthier meanings to life's past, present, and future challenges. Additionally, CBT requires collaboration and active participation; it teaches self-monitoring skills; and most importantly, it teaches people how to break free from their own mental shackles that are most responsible for their current distress. Like CBT, Nick appreciates the same tenants of EMDR, in addition to the neuroscience involved with EMDR. As we discover so much more about the

brain every day, he believes every clinician should incorporate understanding of brain science into their clinical practice.

Nick's professional interests includes but are not limited to teaching and learning about healthy masculinity, engaging males/fathers in the therapeutic process, and advocating for racial/gender equality. Additional interests include reducing racial disparities in the justice system, juvenile delinquency prevention, healing the impact of racial/gender trauma, and working with couples, families, and marriages. Nick has a passion for Trauma Informed Care, especially within Health and Human Services, Education, and Law Enforcement. When off work, he enjoys landscaping projects, home improvement projects, reading/studying just about anything, going to the movies, and spending time with his wife of 16 years; he co-parents a niece and nephews ages 11, 12, and 14, respectively.



Jennifer C. Grinnell, LCPC
Division Director, Adult & Community Services
EveryMind.

Jennifer is a Licensed Clinical Professional Counselor who received her graduate degree in Mental Health Counseling from Gallaudet University. She spent many years overseeing Mental Health Clinics, Psychiatric Rehabilitation Programs and Residential Programs serving clients with chronic and persistent mental illness. She has been with EveryMind for the past two years and oversees the Adult and Community Services Division. Jennifer is also a Certified Health Coach and is fluent in American Sign Language.



Steve Zappalla, Ph.D, LPC
ACS, NCC, CSAC
Founder and Clinical Director,
Center for Veterans in Transition, CVIT

Steve is a retired Army combat veteran who shifted his focus to a mental health centered lifestyle and became a clinical psychotherapist and counselor after 20+ years of active duty. Steve held a wide variety of senior level leadership positions as a combat arms officer throughout his career. His transition from military to civilian life led him to a deep appreciation for his career in the mental health profession. Steve earned his Ph.D in clinical Counseling Education and Supervision and is a Licensed Professional Counselor (LPC) in Virginia. He is a nationally approved clinical supervisor (ACS) and holds certifications in addictions and trauma counseling.

Currently, Steve sees individual clients, facilitates therapy groups, supervises mental health practitioners, and provides training to therapists to work with veterans. His focus is on military populations, addiction and trauma, and other mental disabilities. Steve devotes his practice and teaches on the benefits of mindfulness as an integration into his clinical practice. He frequently speaks to a variety of audiences on the struggles veterans face as they transition

from military to civilian life. He is the father of six adult children and enjoys being a part of their lives.



**Charlie Brown, LCPC, NCC
American Red Cross Volunteer,
Victory for Veterans Board Member**

R. D. "Charlie" Brown entered the USAF in March 1978 and graduated Officers Training School in June 1978. Lt Brown attended Transportation Officer Training at Sheppard AFB and was the Honor Graduate for her class. Her first assignment was to Randolph AFB where she was the

Vehicle Operations Officer and then the Vehicle Maintenance Officer for the 12 FTW. Her next assignment was to Rhein Main AB, Germany where she was assigned to the 435 Aerial Port Squadron and then the Vehicle Maintenance Branch of the Transportation Squadron. During this assignment she picked up an additional AFSC as an Equal Opportunity and Treatment Officer and was part of an award winning Social Actions Team. Capt Brown was then assigned to the Career Broadening Program at McClellan AFB where she rotated assignments through Maintenance, Contracting, Distribution and Material Management. She was McClellan's Jr Officer of the Year for 1985. Capt Brown then went PCS to Turkey where she was the Transportation Plans officer and then promoted to the position of Chief of Transportation for HQ TUSLOG, Ankara, Turkey. She went from Turkey to Germany where she assumed the position of Squadron Operations Officer for the 608 Aerial Port Squadron. She was in this position for Desert Shield/Desert Storm and she also deployed in support of the war. Her follow on assignment was to RAF Lakenheath, UK where she was the Commander of the 48 Transportation Squadron. She led her squadron to an error free Nuclear Surety Inspection (twice) and was selected the 3rd AF Field Grade Officer of the Year. Returning to the US, she was assigned to a joint assignment with HQ Military Traffic Command and helped oversee the GSA City Pairs program, multiple service deployments and support of the Atlanta Olympics. Her final assignment was as the Commander of the 317 Recruiting Squadron, Andrews AFB, Maryland. She retired from the AF in Oct 2000.

Charlie Brown is a Licensed Clinical Professional Counselor in the state of Maryland. She is a National Certified Counselor with extensive experience in working with adolescents and children, as well as in group therapy and facilitation. Charlie has a Master of Arts in Counseling from George Washington University in addition to a Master of Science in Industrial Psychology from Chapman University. She has intensive training in Grief and Loss counseling and she volunteers with Give an Hour. Charlie is a retired Air Force Lieutenant Colonel with 20 plus years of active duty service. She is a volunteer for the American Red Cross and is both an instructor and a facilitator for the Reconnections Program.

Charlie is married to Lt Col Tom Huber (USAF, retired) and they have four children and seven grandchildren.