



PROVIDED BY:



LOVE THY SELF:

Vicarious Trauma Self-Care Workshop

APRIL 11 | TIME | LOCATION

REGISTRATION INSTRUCTIONS:

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 two-hour workshop prepares ministry servants, pastors, community service providers, and justice professionals to recognize the mental and emotional signs that we are in need of some self-care in the face of exposure to life’s traumatic stressors. This workshop offers you education, tools and practices for self-protection against vicarious trauma and for healing from it when experiences overwhelm.

Hosted by: Mercer County Reentry Coalition



Presenter: Dr. Camisha Chambers

She 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 that focuses 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, holds a PROSCI Change Management Designation, and is a certified Therapeutic Art Life Coach.

Camisha 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.

From 2013 - 2017, Camisha shaping federal policy around HIV/AIDS in Washington DC. In 2014, she served as a Principal Investigator for a year-long HIV research study with African American Churches and the UC Academic Research team. This project ended with a publication in the International Journal of Research on Service-Learning and Community Engagement. She has also developed several Health Braintrust workshop sessions for the Congressional Black Caucus under the direction of former Congresswoman Donna Christensen. In 2024, Camisha 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.

Additionally, she serves as the Nurturing Coordinator for All In Community where she facilitates Trauma Resilience Trainings, Vicarious Trauma Trainings, and Wellness Sessions. She is also in the process of developing a victim-centered ministry for All In Community where victims will have a voice in their healing process and advocate for change on a regional and state level for other victims of criminal acts. Camisha is well-versed in the areas of strategic planning, mobilization, change management, organizational development / branding, and networking / relationship building.

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. Camisha is very career, goal, and task oriented and takes immense pride in organizing stellar mobilization programs throughout the city of Cincinnati and State of Ohio.