

## **Theory and Practice to Address and Reduce Hopelessness, Suicidality, Trauma, and Violence**

Lorie Hill, PhD

Track: Juvenile

CE: CPA/BBS/BRN (1.5)

**POST TBD**

### Narrative

This presentation will include concepts and specific approaches, based on theory, to address and reduce the incidence of hopelessness, suicidal ideation and behavior, trauma and violence. Attachment, developmental, cognitive, trauma reduction including EMDR and the work of Bessel Van Der Kolk, MD, learning and emotional literacy theory and implementation will all be included. This presentation will give examples of work within a cultural and systemic framework. The presenters will illustrate methods for engaging the strength of incarcerated people to reduce their hopelessness which often originates in trauma and can underlie suicidal and violent ideation, impulses and behavior. Specific examples to illustrate the concepts and underlying theory will be included. Issues of complex trauma will be addressed within a context of strength based work that can enhance resilience.

### BIO

#### **Lorie Hill, PhD**

#### **Psychologist, California Department of Corrections and Rehabilitation**

Lorie is an educator and licensed psychologist who has received awards from the California Psychological Association (CPA) for public service (1996) and for contributions to the profession (1999). In 2010, Harry Belafonte convened a Violence Prevention Summit in New York City in 2010, invited Dr Hill, distributed her article, "The Costs of Violence", to conference participants and had her give the opening keynote. Lorie has given conference keynotes and workshops on violence prevention and diversity, both locally and nationally. She was an invited participant on Oakland and Alameda County task forces focusing on violence prevention strategies. In 1995, she presented a day long workshop at the International Conference on Conflict Resolution in St Petersburg, Russia. Since 2014, Lorie has worked as a psychologist at Deuel Vocational Institute (DVI), a men's state prison in Tracy, CA. Initially, she worked in DVI's Reception Center and currently works on the mainline including with men sentenced to Life with Parole. Prior to Lorie's work at DVI, she designed and facilitated a group for 2 ½ years called Changing Gears for people returning to Alameda County, all people of color, all with: HIV or AIDS, substance abuse problems and complex trauma. She teaches diversity and violence prevention courses at Bay Area graduate psychology programs and was director of John F. Kennedy University's training center in Concord, California for four years, the largest outpatient mental health counseling center in that county. Lorie is founder and director of a nonprofit, Providing Alternatives to Violence (PAV), which has given violence prevention and diversity workshops for over 6,500 young people and 1,200 adults. She had a private practice and now coaches, consults and facilitates discussions, usually on conflict resolution, violence prevention, diversity trauma and public policy. She co-edited a monograph, *Breaking Barriers: Psychology in the Public Interest*,

published by the CPA. Her articles include “Diversity as an Integral Aspect of Conflict and Violence,” “Suicide as a Race and Gender Issue,” and “Addressing Racism in Therapy.” Unpublished articles include: The Causes of Violence (2008) and The Costs of Violence (2010).

### Learning Objectives

1. Describe and identify a cognitive approach to address hopelessness and suicidality in work with inmates.
2. Explain how to apply an evidence based approach to address complex trauma in forensics practice.
3. Describe specific methods to discuss active and potential homicidal and violent ideation with people who are incarcerated.