

Collective Trauma & Collective Healing

Thursday, October 8th, 2026

9:00 a.m. to 4:00 p.m

The **Training Resource and Information Network (TRAIN)** is thrilled welcome you to its conference for Collective Trauma & Collective Healing. As a collective, the TRAIN committee members are social service professionals rooted in supporting clients' healing from trauma. This year's conference is a deep dive into the initial causes of historical and present-day socio-economic and health disparities for various cultural and self-identifying groups, as well as positive interventions and momentum to change future stories for the better.

The journey from collective trauma to collective healing is a profound transition from the fractures caused by shared suffering toward the restorative power of communal resilience. This conference explores the transformative potential of integrated recovery to repair not only an individual's sense of themselves, but trust that has been broken across generations and societies. By shifting the focus from individual experience to the strength found in "we," participants will examine how storytelling, systemic justice, and shared ritual can transmute historical and social wounds into a foundation for a more empathetic, interconnected future. It is a call to move beyond mere survival, reclaiming a sense of belonging and building a collective narrative rooted in wholeness and hope.

CONFERENCE PRESENTERS

KEYNOTE SPEAKER: Tonika Lewis Johnson

Tonika Lewis Johnson received a BA (2003) from Columbia College Chicago and an MBA (2005) from National-Lewis University. She is the chief executive officer of the Folded Map Project nonprofit and co-founder of Englewood Arts Collective. Tonika is a 2025 MacArthur Fellow, social justice artist, photographer, filmmaker, and cultural organizer whose work challenges segregation and advances community-driven



solutions through art, storytelling, and creative placemaking. A lifelong resident of Chicago's South Side neighborhood of Englewood, her interdisciplinary projects expose systemic inequities while inspiring new ways to imagine more equitable communities. Tonika's work has been exhibited at Loyola University Museum of Art, the Museum of Contemporary Art Chicago, the National Public Housing Museum (Chicago), the Chicago Cultural Center, and the Gordon Parks Foundation Gallery (Pleasantville, NY), among other venues.

Register for this informative and entertaining event by scanning the QR code or visiting: bit.ly/4gpJ57I



AM Breakout Sessions • 10:30AM – 12:00PM

Out of the Closet, Into the System: How Gender and Sexuality Organize Our World

Dr. Billy Huff, Ph.D

Gender and sexuality are more than personal identities; they are the foundational frameworks that organize modern society. This breakout session traces the history of gender and sexuality as direct technologies of settler colonialism. Participants will explore how traditional notions of gender and sexuality remain inseparable from race, class, and citizenship. Finally, the session examines how challenges to these institutional orders have been historically criminalized and policed, culminating in an analysis of contemporary political attacks against LGBTQ+ communities.

In this session, we will:

- Examine how economic and political systems historically shaped modern categories of gender and sexuality to maintain a particular social order.
- Assess how structural gender and sexuality intersect with race, class, and citizenship to organize society
- Explain how gender and sexuality operate as macro-level institutional frameworks and organizing principles
- Critique the limitation of viewing gender and sexuality solely as personal, individual identities
- Understand how histories of gender and sexuality categories inform current political attacks against LGBTQ+ individuals and communities.



Dr. Billy Huff, Ph.D

Billy Huff is a communication scholar who serves as the Director of the Gender and Sexuality Center at the University of Illinois Chicago (UIC). Holding a Ph.D. in Rhetoric from Georgia State University, his work bridges higher education administration with deep community engagement and academic research to foster equitable, socially just environments on campus and beyond. His scholarship utilizes intersectional and autoethnographic frameworks to explore radical trans and queer worldmaking. His notable publications include "Thinking Trans/Sex: Erotic Justice and the Trans-Subject" (QED, 2023) and "On [Be] coming in Boystown" (Journal of Autoethnography, 2022).

AM Breakout Sessions • 10:30AM – 12:00PM

Responding to Collective Trauma: Practical Strategies for Immigrant and Refugee Community Care

Rosemary Magaña, LCPC

Immigrant and refugee communities are currently navigating a climate of uncertainty and systemic stress that impacts us all from community members to the staff supporting them. This workshop holds space to understand what that burden looks like in our daily lives, often referred to as the "invisible backpack" of worry and fear. We will start by grounding ourselves in the reality of the current political and social climate. From there, we'll build a shared understanding of how stress, trauma, and vicarious trauma affect our well-being. Finally, we will move into practical, healing-centered tools that you can use immediately to care for yourself and support your community. Our goal is to leave you feeling more connected and grounded as we are navigating these challenges together.

In this session, we will:

- Establish an overview of the current societal impact, emphasizing the federal government's actions against immigrant populations and the resulting environment of instability and vulnerability.
- Provide a baseline understanding of areas including: stress and trauma, collective trauma, vicarious trauma, and well-being.
- Provide concrete tools and/or practices that help care for self and community.
- Describe and apply trauma-informed, culturally responsive, and community-centered approaches that promote trust and well-being.



Rosemary Magaña, LCPC

Rosemary “Rosy” Magaña (She/ella), LCPC, serves as the Director of Program Community Well-being and Partnership for the Coalition of Immigrant Mental Health, where she leads the development of community-led, healing-centered frameworks that address the unique trauma-related needs of immigrant and refugee populations.

A Latina, first-generation college graduate, and the proud daughter of immigrant parents, Rosemary brings over 15 years of experience spanning clinical therapy, higher education, and community advocacy. Her professional journey includes roles as a therapist at UCAN, Coordinator of Counseling Services at Columbia College Chicago, and Staff Therapist and Liaison to the Latinx community at Northwestern University. Beyond these experiences, Rosemary founded Adelante Counseling and Wellness, where she integrates social justice and trauma-informed care to foster equitable, resilient spaces where marginalized communities can thrive. She holds a Master’s in Clinical Counseling from The Chicago School of Professional Psychology.

AM Breakout Sessions • 10:30AM – 12:00PM

Historical Trauma, Systemic Oppression, and the Neurobiology of Collective Survival & Healing

Nacole Gibson, PsyD, LCPC

This workshop explores how historical trauma, systemic oppression, and structural inequities shape the lived experiences, behaviors, and health outcomes of marginalized communities. Participants will examine the impact of colonization, racism, redlining, poverty, and political violence, as well as the neurobiological effects of chronic stress and trauma. Through case examples, discussion, and applied strategies, attendees will learn how trauma becomes embedded across generations and systems, and how collective healing emerges through narrative repair, community resilience, cultural identity, and healing-centered engagement. The session emphasizes dignity, belonging, and the transition from “I” to “we” as foundations for communal restoration.

In this session, we will:

- Describe how historical trauma and systemic oppression shape present-day outcomes for marginalized communities.
- Identify the neurobiological and behavioral impacts of chronic stress, poverty, and racial trauma.
- Recognize adaptive behaviors as survival strategies rather than resistance or lack of motivation.
- Apply trauma-informed and culturally responsive strategies when engaging youth and families involved in public systems.
- Identify healing-centered practices that support collective resilience, narrative repair, and community-based recovery across groups impacted by historical trauma.



Nacole Gibson, PsyD, LCPC

Chief Program Officer, Youth Guidance

Consulting Clinical Director,
Midwest Family and
Community Resources

Adjunct Faculty, The Chicago
School of Professional
Psychology

Dr. Nacole Gibson is a psychologist, educator, and nonprofit executive with more than 25 years of experience serving youth, families, and communities impacted by trauma, systemic oppression, and chronic adversity. She currently serves as Chief Program Officer at Youth Guidance, a nationally recognized organization that partners with schools, families, and communities to create conditions where young people can thrive, overcome social and academic barriers, and build pathways toward life success through caring, consistent adult relationships.

Dr. Gibson's expertise spans clinical psychology, community behavioral health, teen parenting, trauma-responsive practice, professional development, and leadership development. Her work centers on the intersection of historical trauma, racial inequity, poverty, and neuroscience, with a focus on helping systems become more healing-centered, culturally responsive, and anti-oppressive. She is deeply committed to strengthening organizational cultures, developing trauma-responsive teams, and advancing equity within youth-serving institutions.

In addition to her executive leadership, Dr. Gibson provides consulting services and teaches in the Forensic Psychology program at The Chicago School of Professional Psychology. She also serves on the Board of Directors for the Illinois Collaboration on Youth (ICOY) and The Boulevard of Chicago, contributing her expertise to statewide efforts supporting vulnerable youth and families.

Lunch • 12:00PM – 1:30PM

Resource Tables • 1:00PM – 1:30PM

PM Breakout Sessions • 1:30PM – 3:00PM

We are the Medicine: Radical Belonging and Collective Healing with our Ancestors

Dr. Orson Morrison, Psy.D.

We Are the Medicine: Radical Belonging and Collective Healing with Our Ancestors is an experiential healing workshop that invites participants to reconnect with ancestral wisdom as a pathway to personal and collective healing. Grounded in trauma informed, decolonial, and culturally rooted practices, the workshop weaves ritual, reflection, dialogue, and embodied exercises to explore intergenerational trauma, racial healing, and belonging. Drawing on frameworks such as Ubuntu, ancestral reverence, and ancestrally resourced psychotherapy, participants examine how ancestral relationships, stories, and cultural practices can interrupt cycles of harm, metabolize grief, restore dignity, and foster collective resilience in challenging times.

In this session, we will:

- Reflect upon one's own experience relating to one's ancestors and have an awareness of the biases and feelings you bring to this topic.
- Participants will Learn about at least one ancestrally-related frameworks/philosophies and get to experience ancestral connection.
- Explore how ancestral relationships and stories are helpful in breaking cycles of oppression and harm.



Dr. Orson Morrison, Psy.D.

Dr. Orson Morrison, Psy.D. (he/him) is a Licensed Clinical Psychologist, consultant, educator and the co-owner of LifeSpan Counseling & Psychological Services, a group psychological services practice in Oak Park, IL. He is also the Associate Director of the DePaul University Counseling & Psychological Services. Dr. Morrison has worked in a variety of clinical settings including college counseling centers, community mental health centers, inpatient and outpatient medical settings, private practice, and in academic-clinical research units. Dr. Morrison has also taught graduate-level coursework in Psychology and offers trainings to the community on a variety of mental health topics. Dr. Morrison's professional interests and areas of expertise include psychotherapy with children, adolescents, adults and families, racial and intergenerational trauma, psychological assessment, and contemplative practices. Dr. Morrison's approach to clinical leadership and practice is under-pinned by a commitment to social justice, multi-culturalism, inclusivity, and anti-racism.

PM Breakout Sessions • 1:30PM – 3:00PM

Healing Through Print: Exploring Individual and Collective Care Through Zines

Cynthia E. Hanifin, MSW

Zines (self-published, small-circulation booklets) are a powerful and accessible tool for documenting lived experiences, amplifying community voices, and fostering collective healing in the aftermath of shared trauma. Cynthia E. Hanifin, MSW, will provide historical and contemporary examples of zines as vehicles for community storytelling, mutual support, social change, and cultural memory. Participants will explore how zinemaking can help communities process collective experiences, strengthen connections, and create spaces for reflection, resilience, and belonging. Through hands-on learning, participants will create several styles of zines using simple materials and contribute to a shared exchange of stories and perspectives.

In this session, we will:

- Focus on how zines can be used in community, organizational, clinical, and professional settings to address collective trauma, cultivate healing-centered engagement, and support collective well-being



Cynthia E. Hanifin, MSW

Cynthia E. Hanifin (she/her), MSW, is an arts organizer, zinemaker, and social worker from the Southwest Side of Chicago. Her community and therapeutic work, which is centered on zines (self-published, small-circulation booklets), explores the power of our personal stories to forge connections with others and inspire transformations of the heart and the world around us. As the producer and founder of Zine Club Chicago, Cynthia has facilitated free community events and projects in the Chicago area and beyond since 2018. She also is the founder of the South Side Zine Library in Bridgeport and the Southwest Side Zine Library in Archer Heights. Cynthia's own creative work explores trauma and resilience, autobiographical mapmaking, how music shapes memories, and more through the lens of her life as a queer, working-class feminist.

PM Breakout Sessions • 1:30PM – 3:00PM

Integrating Spirituality into Therapy: An Ethical, Collaborative, and Consensual Approach

Melissa Barrios, LCSW

Traditional therapeutic spaces often center a Westernized, individual framework that pathologizes or dismisses the value of spiritual practices, particularly for communities of the Global Majority. For many within these communities, spirituality is not just a set of abstract beliefs, but a foundational framework and primary source of connection to Ancestors, inner wisdom, resilience, and intergenerational and collective healing. When intentionally and ethically integrated into clinical practice, spiritual dimensions deepen therapeutic exploration, strengthen the therapeutic alliance, and support holistic wellness.

This workshop explores how cultural humility, intersectionality, and spiritual integration allow clinicians to honor the reclamation of Ancestral and spiritual practices as necessary acts of decolonial advocacy, healing, and resistance. Because spiritual and cultural practices carry personal and systemic weight, introducing spirituality into the clinical setting requires a commitment to ethical practice, explicit consent, and client autonomy. Participants will gain practical, culturally grounded strategies to bridge ancestral wisdom with clinical care while honoring each person's innate wisdom and autonomy.



Melissa Barrios, LCSW

Melissa Barrios (she/her/ella) is a Chicago born, first generation Latina therapist, spiritualist, consultant, speaker and the founder of Healing Without Limits PLLC and Healing Without Limits Apothecary. Rooted in her mother's lineage of medicine women, Melissa bridges ancestral wisdom, spiritual gifts, and clinical practice to help BIPOC individuals reclaim traditional healing and cultivate holistic wellness.

As a Healer first, Melissa integrates mind, body, and spirit to move beyond traditional talk therapy. Her clinical approach centers on Internal Family Systems (IFS), a modality aligned with Indigenous pláticas and ancestral traditions, and she has completed Level I Training through the IFS Institute. Through her clinical practice and handcrafted apothecary offerings, Melissa supports individual healing as a vital path toward collective wellness and liberation.

Closing • 3:15PM – 4:00PM

Circles and Ciphers

Circles & Ciphers, a Black-led, hip-hop infused arts and restorative justice organization serving at risk youth ages 18 to 26, closes the conference with an interactive presentation and performance. They share their approach to addressing collective trauma and bring it to life through a performance from their young people that channels shared experience into collective voice. Attendees leave with both an understanding of how collective repair looks through hip-hop and restorative practices and actionable ways to further their own work.



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