

Embracing Hope, Healing and Empowerment: Helping Victims of Multiple Traumas Reclaim Their Lives from Survivor to Thriver!

presented by

Susan M. Omilian, J.D.

Susan Omilian is an author, motivational speaker and attorney who has helped hundreds of survivors over the last forty years reclaim their lives after abuse. With the death of her niece Maggie killed by her ex-boyfriend in 1999, Susan vowed to help others take the journey from victim to survivor to “thriver” as Maggie could not. As the originator and facilitator of My Avenging Angel Workshops™ based on the idea that “living well is the best revenge,” Susan has developed a motivational model that has helped those who have experienced domestic violence, sexual assault and child abuse find hope, healing and empowerment beyond trauma and abuse. With the publication of her award-winning self-help trilogy of *Thriver Zone* books, Susan is a recognized national expert on the process of recovery after violence, abuse and trauma. She has also facilitated groups with male domestic violence offenders and regularly presents her life-changing work to audiences including tribal communities and male and female inmates, advocating for a comprehensive continuum of care to enable victims to move forward and break the cycle of violence in their lives.

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<https://hartfordhealthcare.zoom.us/j/95588142944>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Describe impacts and barriers for survivors in moving on after trauma.
2. Identify promising practices for service providers in working with survivors.
3. Use positive storytelling, visioning, goal setting and other techniques with survivors.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 Other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Bharat Narapareddy (Program Director); Susan Omilian (Speaker); Erica Nyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director);