



## ‘Nurturing the Warriors’ Stress Management, Session 1

Welcome to our first Canada Health Alliance ‘Nurturing the Warrior’ Stress Management session. Our ‘panel of experts’ this evening are:

**DR. CAROLYN NESBITT** : With over three decades of working with clients and patients in psychology, Dr. Carolyn Nesbitt now puts her love and energy towards teaching other therapists how to go deeper to be more effective in facilitating change. For the last seven years, Carolyn has taught psychologists, psychiatrists, social workers, teachers and police in Africa, Asia, Europe and North America. In her private practice, Carolyn has a particular passion and skill for trauma therapy, and outside of the therapy room, she likes fast boats. Learn more at [carolynnesbitt.com](http://carolynnesbitt.com).

**ELAINA KONOBY** : Elaina is an Emergency Management Certified nurse with many years experience in ICS (Incident Command System), trauma care, disaster management and stress recovery. This experience has given her a deep understanding of the impact stress can have on both communities and individuals. She is a HeartMath Certified Trainer, and HeartMath Health Professional. She can be contacted at [elainakonoby@protonmail.com](mailto:elainakonoby@protonmail.com).

**GINA ALBANESE** : A 30-year veteran of stress management counselling, Gina specializes in heart-centred work with her clients. Accredited in trauma and victimology and as a victim support advocate and trainer with the police, she became a Provincial Lead through BC and Alberta in large natural disasters and traumatic incidents. Gina feels that “it has always been my honour to work with people in large-scale events as well as walking with individuals one-on-one on their personal journeys”. Learn more at [restoremindfulhealth.com](http://restoremindfulhealth.com)

**PENNY ARAUJO** : Penny is an Intuitive Wellness Coach and Certified Clinical EFT Tapping Practitioner. She is passionate about helping people reduce stress and heal emotional issues using evidence-based energy psychology techniques, such as, Emotional Freedom Techniques (EFT) – aka Tapping. Penny empowers adults, children and families to use Tapping for self-care and self-healing. Penny is based in Toronto and provides sessions online and in-person. Learn more at [pennyaraujo.com](http://pennyaraujo.com).

**SACHEEN COLLECUTT** : As a first hand survivor of extreme stress Sacheen has been able to fully understand the impact stress can have and through her research and self-healing journey she has developed a unique healing technique called neurohacking. This is a process of feedback to teach people to focus on their internal self through somatic (physical) experience and sensations, which has also been known to change neural pathways in the brain. This is important in learning how to heal. It's a new type of re-parenting as a trauma-informed technique. Sacheen runs her own health care training and consultancy business which also specializes in breathwork and mediation. She can be contacted at [eltraining@protonmail.com](mailto:eltraining@protonmail.com).