

# FIRST RESPONDER VIRTUAL

## SPEAKER SERIES 2021

[Register](#) • Nov. 18, 2021

**Sarah Armstrong** | 1:30 p.m. - 3:30 p.m.

**BIOGRAPHY** | A registered massage therapist, Sarah Armstrong owns and operates out of Mecca Massage Therapy Clinic in Regina, SK. Sarah has completed her Masters Training in Myofascial Release as well as Complete Decongestion Therapy and Emotional Intelligence training.

**PRESENTATION** | Sarah Armstrong will discuss skills, philosophies, perspectives and tools to improve the first response effort and to improve your own body's connection to this response. Recognize the value of pure experience and learning to respond in practical and positive ways to the body's changes that occur during and after a traumatic event, for all parties included. With small stories and solutions, from light to severe trauma experiences, we should have a good baseline to screen and treat our own bodies as well as some advice and strategies to help others in various levels of trauma.

**Andrea Vogel** | 1:30 p.m. - 3:30 p.m.

**BIOGRAPHY** | Andrea Vogel has been a group fitness instructor for over 25 years. After she completed the 200 hour RYT, Andrea sought opportunities to continue training and found the Warrior Program through YogaFit International.

**PRESENTATION** | Created by a yoga instructor and a military war veteran, the Warrior Program was designed to assist those who suffer from the effects of stress, anxiety and other related injuries including PTS and depression. As a 16-year member of the Saskatoon Police Service, Andrea believes that this practice is beneficial to all persons including first responders and their families.

Nov. 24, 2021 • [Register](#)

**Dr. Jody Burnett** | 1:30 p.m. - 2:30 p.m.

**BIOGRAPHY** | Dr. Jody Burnett is a registered doctoral psychologist with the Saskatchewan College of Psychologists and a high performance consultant who has been providing service to the general public, specializing in service provision to first responders and public safety personnel, health professionals, and athletes for the past 15 years. She is also a clinical research associate at the Canadian Institute for Public Safety Research and Treatment (CIPSRT) and is an adjunct professor in the Department of Psychology at the University of Regina.

**PRESENTATION** | Dr. Burnett will be discussing an innovative internet-delivered therapy program, called PSPNET that has been specifically designed to meet the unique needs of first responders in Saskatchewan.

Dec. 1, 2021 • [Register](#)

**Dr. Jody Carrington** | 1:30 p.m. - 2:30 p.m.

**BIOGRAPHY** | Dr. Jody Carrington is a renowned psychologist sought after for her expertise, energy and approach to helping people solve their most complex human-centered challenges. Jody focuses much of her work around reconnection; the key to healthy relationships and productive teams. A speaker, author and leader of Carrington & Company, she uses all she has been taught in her 20-year career as a psychologist to empower everyone she connects with.

**PRESENTATION** | Trauma: Reconnecting the disconnections. Celebrated clinical psychologist, Dr. Jody Carrington, reminds us that it's never about what's wrong with you; it's about what has happened to you — and more importantly, how you make sense of it all. Dr. Carrington combines research and experience to highlight the importance of understanding trauma from a systems-level as the key to healthy, productive employees.



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