

As seen on



# Janet Taylor, MD

NEW YORK CITY COMMUNITY PSYCHIATRIST



Dr. Janet Taylor is a Community Psychiatrist in New York City and a regular mental health contributor to major television networks.

3 CEUs available

## MENTAL HEALTH WORKSHOP

### "NEVER BE NOTHIN'"

*Finding Gold in Childhood Trauma: Perspectives on Trauma-Informed Understanding and Care*

Tuesday, May 2 • 8:30 - 11:30 a.m.  
The Tangier • 532 West Market St.  
Cost: \$95 (includes luncheon)

### PLUS:

## LEADERSHIP LUNCHEON

### "SICK AND TIRED OF BEING SICK AND TIRED"

*Alleviating Suffering and Creating Sanctuary in Vulnerable Populations*

Tuesday, May 2 • 12 noon - 1:30 p.m.  
The Tangier • 532 W. Market St.  
Cost: \$50 (luncheon only)  
*Luncheon proceeds benefit the work of Alchemy.*

SPONSORED BY:



Transforming Lives Through Myth™

*This event is made possible by  
Kalliopeia Foundation  
Tides Foundation  
GAR Foundation  
and others.*

### TO REGISTER FOR THE WORKSHOP OR THE LUNCHEON:

Purchase tickets online at [EventBrite.com](http://EventBrite.com) | Keyword: Janet Taylor or visit [www.eventbrite.com/e/janet-taylor-md-tickets-32489437783](http://www.eventbrite.com/e/janet-taylor-md-tickets-32489437783)

### ABOUT THE WORKSHOP *Duration: 3 hours*

#### Goals:

The goals of this workshop are to create a safe learning space for educators, therapists, staff and health care providers working with youth to discuss and understand the cultural, social and psychological factors underlying trauma in individuals and communities and its impact on education, the therapeutic process and leadership.

#### Aims:

- To define historical and psychological trauma
- To understand how trauma impacts youth and their families as it relates to culture, trust, expectations and outcomes
- To examine the socio-cultural factors that impact individual and family engagement
- To share clinical cases and discuss trauma-informed care, education and leadership styles

#### Core Components of the Workshop:

- Review the history of trauma in health care interactions
- Examine how trauma impacts curiosity, learning and behavior
- A framework for Trauma-Informed Communication
- Explore the role of myth in uncovering trauma
- Understanding when to bring in a mental health expert

### ABOUT THE LEADERSHIP LUNCHEON

For educators, civic and business leaders and mental health professionals. As health care providers, clinicians or staff who work with youth, our words and actions may unintentionally create more harm than good if we are not aware of their living conditions, obstacles and stressors. This lunchtime talk will discuss the sanctuary model and how we can bear witness to pain while providing hope.

### TRAUMA • ADDICTION • MENTAL ILLNESS • WORK-LIFE BALANCE



Dr. Janet Taylor

Dr. Janet Taylor is a Community Psychiatrist in New York City, the Bronx and Queens. The practice of Community Mental Health is rewarding to Dr. Taylor because "being on the frontline with individuals and their families battling the emotional and economic impact of mental illness is where I can make a difference."

Her psychiatric residency was completed at New York Medical College -Westchester Medical Center. She received a Masters of Public Health in Health Promotion/Disease Prevention from Columbia University. She was a recipient of the 2008 Woman in Medicine Award (National Medical Association-Council of Women's Concerns).

While living in Vancouver, British Columbia, she practiced Community Psychiatry at Greater Vancouver Mental Health. During that time, Dr. Taylor developed an interest in Life Coaching and became a Certified Professional Coach through the Coaches Training Institute.

She is a frequently invited speaker on the subjects of Minority Health, Stress Management, Parenting and Work-Life Balance. She is a frequent contributor to CBS "This Morning," and NBC "The Today Show" and "Good Morning America" on issues of motherhood and parenting. Dr. Taylor is also regularly featured on CNN, MSNBC and ABC.com's regular webcast "Mom's Get Real." Her column in Family Circle Magazine is titled, "Ask Dr. Janet." She has also been featured on various television shows.