

Big Brothers Big Sisters of SLO County presents:

# THE HEALING BRIDGE: MENTORING'S ROLE IN HEALING FROM TRAUMA

*with Author Katya Cengel & Therapist Elizabeth Barrett*

2PM - 4PM

**20**

JANUARY

**UNITARIAN UNIVERSALIST CHURCH**

2201 LAWTON AVENUE

SAN LUIS OBISPO



## About Katya Cengel

Katya Cengel became patient number 090 71 51 at the Roth Psychosomatic Unit at Children's Hospital in 1986. She was 10 years old. Hospital staff put her in a straitjacket - and on anti-psychotic medication. Thirty years later Katya, now a journalist, tracks down the doctors, psychologists and counselors who once cared for her. The experience inspired her book, Straitjackets and Lunch Money, and her role as a Big Sister.



## About Elizabeth Barrett

Elizabeth W. Barrett is a licensed marriage and family therapist with over 25 years in the helping professions as a clinician, coach, and educator. Elizabeth is a Lecturer in the Psychology and Child Development Department at Cal Poly, SLO and for 15 years she has hosted her weekly radio show and podcast, A Conversation with the Reluctant Therapist, on KCBX Central Coast Public Radio.

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**JOAN SARGEN**