

January 16, 2019

To Whom It May Concern,

I am pleased to be writing this letter of recommendation for High Mountain Counseling & Training Institute. As Resilience Program Coordinator in the Emergency Department at Children's Hospital Colorado I oversee education focused on caring for the caregivers in the Emergency Department as well as the Pediatric Intensive Care Unit. In 2018 I had the privilege of meeting and working with both Aaron Wiemeier, LPC, Executive Director, and Kim Johancen, LPC.

Aaron Wiemeier was recommended to me by a colleague who had heard him speak a few years ago. When I first reached out to Aaron he was quick to respond and his energy and passion for helping others was palpable. We have been offering resilience education to our healthcare providers since 2009 and are always looking for new, evidence based content delivered in a meaningful way. This did not worry Aaron, nor the unique requirements we had for offering education to over 200 team members! Aaron listened to our needs, was receptive to our input, and provided us with well thought out suggestions to create a valuable and memorable educational offering to our teams.

In the fall of 2018 Aaron and Kim offered *Trauma in the Workplace: Building Resiliency in Self and Team*. This 4-hour class was offered four times in the fall and truly highlighted Aaron and Kim's professionalism as they debriefed after each class, reviewed participant feedback and made minor tweaks to their presentations to ensure they were identifying and meeting the needs of our teams.

The first hour was dedicated to trauma and the impact it has on the brain and was led by Aaron. Aaron's knowledge of trauma, secondary trauma and the neurophysiology associated with such trauma is evidence based, insightful, very impactful and truly validating for our providers. Aaron's vast knowledge base, professional experience and easy going personality made him relatable to our multi-disciplinary groups as evidenced by the open and engaging dialogue between Aaron and the participants.

After learning the impact our jobs and with it secondary trauma can have on our brains, it was Kim's turn to provide hope and evidence based tools to protect and to heal. Kim easily captivated her audiences sharing her own professional as well as personal experiences, exhibiting her deep knowledge of trauma and the ability to heal through awareness, acknowledgment, acceptance and affinity. Kim easily garnered trust amongst our providers through her skillful and compassionate facilitation skills. This allowed for insightful conversations surrounding the many challenges faced working in healthcare and allowed participants to be vulnerable while feeling validated in a safe and caring environment.

Both Aaron and Kim were very open to answering questions in the moment, after their presentations and provided everyone with their contact information and how to find all resources mentioned in class. I truly enjoyed working with Aaron and Kim and value their expertise, professionalism, connection and compassion they shared with us.

Sincerely,

Patricia Witzel, RN BSN

Resilience Program Coordinator, Emergency Department

Children's Hospital Colorado

