

Let's Discuss...

The Unexpected Gift of Trauma and the Path to Post-Traumatic Growth



Dr. Edith Shiro

Thursday, September 18, 2025

PRESENTED BY



Fora Health

TREATMENT & RECOVERY

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Thanks to our generous sponsors and our dedication to ensuring mental health education is timely and widely accessible, all Let's Discuss events are Free!

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Speaker Series on Mental Wellness

We are thrilled to come together for the third annual Let's Discuss Speaker Series. We've already learned so much from past keynotes, and we're excited to bring you the 2025 series of forward-thinking topics.

Every day, we see people who are courageous and fighting for their lives come to treatment. They come to Fora Health seeking help and hope, and our role is imperative to their healing journey. Everyone on our team – facilities, nurses, counselors, and doctors – works together to provide a safe, healing environment. I am so grateful for how much care and compassion they provide to patients.



Devarshi Bajpai
Chief Executive Officer

Today, we are excited to hear from Dr. Eidith Shiro. Her groundbreaking approach to healing trauma and experiencing post-traumatic growth will educate, empower and transform your thoughts and perspective. We are glad you are with us to hear this keynote. I know you will leave with valuable insights for your personal life and professional career.

I can't wait to learn alongside you!

Devarshi Bajpai
Chief Executive Officer

Fora Health, formerly De Paul Treatment Centers, has been providing transformational treatment in our community for over 50 years! When we look at what it takes to recover from the disease of addiction, we understand that no one can do it alone. We believe that trauma-informed, evidence-based treatment programs along with supportive family and friends, compassionate healthcare providers, and thoughtful public policy are needed to recover.

Thank you for your support!

Do You Believe In Magic?

2025 Hope & Freedom Gala

- Saturday, October 4, 2025 -

Honoring

Samuel C. Wheeler Freedom Award

Anthony Jordan

Multnomah County Health
Department

Jay Minor Spirit of Recovery Award

**Rep. Shannon Jones
Isadore**

Oregon State Legislature &
Oregon Change Clinic



Register Today

Individual Tickets - \$250

Event Details & Tickets: forahealth.org/hfg25

Meet Dr. Edith Shiro

Dr. Edith Shiro takes a groundbreaking approach to healing trauma and experiencing posttraumatic growth. She is a renowned clinical psychologist, researcher and speaker specializing in Post-Traumatic Growth (PTG), individual, intergenerational, and collective trauma.



Dr. Shiro's influential work, including her acclaimed book The Unexpected Gift of Trauma, has received numerous prestigious awards and has been translated into over ten languages, broadening its global impact.

Trauma has always been part of the human experience, and traumatic events—both physical and emotional—can shake our very foundation and leave us forever changed. While we know more about the lasting neurological and physical effects of trauma than we did a decade ago, few people realize that experiencing trauma doesn't have to sentence you to a lifetime of suffering and grief.

This dynamic presentation will cover:

- Understanding Post-Traumatic Growth (PTG)
- From Surviving to Thriving
- The Five Stages of PTG
- The Role of Ancestral and Intergenerational Trauma
- Tools for Transformation



Let's create a

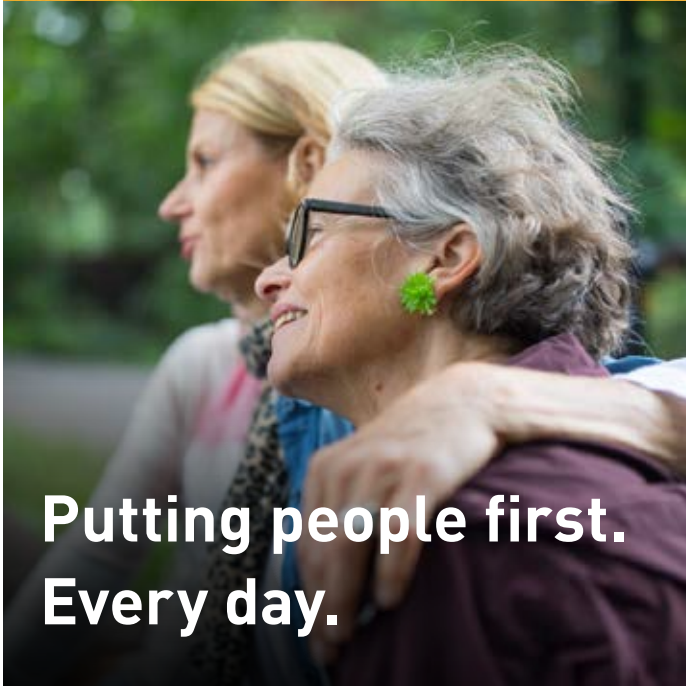


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Edlen & Co. is honored to support Fora Health and to have
helped make Fora Health Cherry Blossom a reality, bringing
trauma-informed care to our community to help people live
lives free from addiction.

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Supporting Fora Health

Our team at Fora Health works daily to bring hope and healing to our community by providing withdrawal management, residential care, and outpatient services.

We are also pleased to offer incredible educational opportunities through the Let's Discuss Speaker Series! As part of our effort to bring healing, we want to create more conversation around recovery, treatment, and highlight how every individual can heal from substance use disorder!

With partnership from our generous sponsors, we've worked very hard to make this high-quality speaker series accessible and free of charge. **Please join us in this effort with a donation. Through your generous support, we can keep these events free to the community for years to come.**



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Fora Health is a registered 501(c)3 nonprofit and will provide tax-deductible receipts for all donations. Tax ID number: 93-0706892.



2025 Hope & Freedom Gala

Saturday, October 4, 2025

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Details & Tickets: forahealth.org/hfg25



Fall Session

Register Today! In-person is limited.



The Use of Virtual Reality to Treat Addiction

Dr. Brandon Oberlin

Thursday, October 23, 2025 | 11:30 AM - 1:00 PM

In-person Only

Study impulsivity, sensation seeking, decision-making, and VR interventions and how all of these engage the brain, in the context of addiction.



Let Nutrition Lead You to a Sober Lifestyle

Dr. Brooke Scheller

Thursday, November 6, 2025 | 11:30 AM - 1:00 PM

Hybrid | In-person and Livestream

Alcohol can stimulate nerve cells in the brain that increase appetite, and there's a behavioral link between excessive alcohol consumption and binge eating. Let nutrition lead you to sobriety (or to just drinking a little less) with this guide and meal plan to reduce alcohol cravings and repair your health through food.



Register Now: forahealth.org/letsdiscuss