



children & families of iowa

HEAL Domestic Violence Awareness 2024 HOLD & CENTER

**OCT
22**

Webinar

12:00 PM

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Sustaining a Stance of Kindness with Sufna John, Ph.D.

This presentation will explore how an authentic stance of kindness towards ourselves, our colleagues, and the families we serve can be difficult to maintain in the midst of a system that can be emotionally-taxing. We will explore concepts of rupture/repair and emotion labor, including strategies for recharging a genuine stance of benevolence.



Sufna John, Ph.D., is a licensed psychologist and Associate Professor at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. She specializes in infant and early childhood mental health, supporting families within the child welfare system, workforce development in infant and early childhood systems, and cross-system collaboration to support policy initiatives.

She supports the work of several organizations dedicated to improving the lives of young children who have experienced trauma by leading workgroups, providing training, and developing resources. She leads several statewide, cross-system collaborative efforts including, serving as Co-Director of the Arkansas Building Effective Services for Trauma and Clinical Director of the Arkansas Trauma Resource Initiative for Schools programs. She is passionate about partnering with various child-serving systems (e.g., child advocacy centers, education, and child welfare) to promote equitable and trauma-informed practices for caregivers and young children.