DR. SOMMER M. HOWSER, DSW, LMSW, BSW, E-RYT, YACEP
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Career objective: To utilize my subject matter expertise and foundation in social work to educate medical professionals, students and community members. Additionally, to lead The Center for Violence Prevention & Policy in a large hospital system in Central Texas.

Summary:
Dr. Sommer Howser, LMSW, BSW, E-RYT, YACEP, is a survivor leader, Doctor of Social Work, educator, and specialized social worker, supporting persons in Texas who may be impacted by all forms of exploitation and community violence. Trained in Trauma-Focused CBT, Motivational Interviewing, Trauma-Informed Care, Trauma-Informed Care Yoga, harm reduction, suicide prevention, play-based therapy, crisis intervention, and child maltreatment assessments. Working with clients across the life span, while holding a special interest and care for persons impacted by complex trauma and/or human trafficking. Doing this advocacy work in Texas with an open heart and a Trauma-Informed Care lens.

Concurrently, an Experienced Yoga Alliance Registered Yoga Teacher (E-RYT) in Central Texas, with a background in supporting PTSD, first responders, and persons impacted by gender-based violence. Trained at Sacred Space Yoga Teacher Training (2018) and Liberation Prison Yoga New York (2019). Co-facilitated international Yoga retreats in Costa Rica with mentor, Angie Knight, in 2022 and 2024 at Blue Spirit Retreat Center. Dr. Howser is also a faculty member at The University of Texas at Austin and Texas State University in the School(s) of Social Work.

Education:
Doctor of Social Work, University of Southern California, August 2020, area of research: *Ensure Healthy Development for All Youth, Empowering Sexually Exploited Youth in Texas with Trauma-Informed Yoga.* **GPA 4.00**
M.S.W, Texas State University, August 2011, major: social work, direct practice. **GPA 4.00**
B.S.W, Texas State University, December 2009, major: social work. **GPA 3.75**

Yoga Education:
200 Hour, December 2018, Sacred Space Yoga Teacher Training, Angie Knight & Jenn Wooten lead instructors
45 Hour Trauma-Informed Yoga, September 2019, Liberation Prison Yoga Teacher Training, Anneke Lucas

Specializations and subspecialties:
PTSD, Complex PTSD, Child Sexual Exploitation (CSE), Human Trafficking (HT), Sexual Abuse, Sexual Assault, Missing & Exploited Children, Trauma-Informed Care, Trauma-Informed Care Yoga, Secondary Trauma in First Responders, Victim Advocacy, Healthcare Advocacy, Psychological Evaluations for Persons Impacted by Human Trafficking and Gender-Based Violence, Social Work and Healthcare, Working Effectively with Military and Law Enforcement.

Teaching Experience

Ascension Texas Healthcare, 2018 to present day
Human Trafficking Awareness and Education for the Healthcare Professional, varies per month
Trauma-Informed Care for the Healthcare Professional, one to two courses per month
Human Trafficking for the Acute Care Provider, Dell Seton Medical Center, Fall 2018, Spring 2018
Post Traumatic Growth in an Age of COVID, Spring 2021
Human Trafficking for the Austin Police Department, Organized Crime Unit, Fall 2021, Spring 2021
Sexual Trauma Reporting for the Mental Health Professional, Spring 2022, Fall 2022, Summer 2021
Motivational Interviewing for CSEY with Dr. Lloyd Berg, September 2024
Trauma Bonding, November 2024
Ascension Texas Ethics Committee (Pediatric), February 2025
Ascension Texas Ethics Committee (Adult), April 2025
Ascension Texas & Law Enforcement Survivor Panel, May 2025
Motivational Interviewing for Survivors of Human Trafficking, January of 2026

Dell Children's Medical Center, 2018 to present day
Human Trafficking Grand Rounds, December 2018
*Human Trafficking Awareness for the Pediatric Medical Doctor***,** November 2019
Post Traumatic Growth in an Age of Covid, Social Worker Wellness, January 2022
Austin Trauma & Critical Care Conference (Pediatric Day), May 2024

Serasana Wellness Studio (Dripping Springs), 2019 to March 2026
Hatha Yoga, one class per week, Sundays
Trauma-Informed Yoga for Somatic Body Workers, October 2022
Trauma-Informed Yoga Workshop, July 2024

Serasana Wellness Studio (Bee Cave), 2019 to March 2026
Yin Yoga, one class per week, Sundays
Trauma-Informed Yoga for the Conscious Yoga Teacher, 2019, 2021
Trauma-Informed Yoga Workshop, June 2024
Yoga for Self-Preservation, September 2024

Heart of Texas Coalition Against Trafficking, 2018, 2021
Human Trafficking for the Rural Healthcare Provider, 2018
Identifying Persons Impacted by Human Trafficking with Trauma-Informed Care, 2021

Refugee Services of Texas, 2021
Identifying Persons Impacted by Human Trafficking for the Trafficking Advocate, November 2021

SAFE Cares Sex Trafficking Team, 2021, 2024
Identifying Persons Impacted by Human Trafficking for the Trafficking Advocate, November 2021
Trauma Bonding, November 2024

Texas Association of Community Health Centers, 2021-2024
Identifying Persons Impacted by Human Trafficking with Trauma-Informed Care, April 2021
Identifying Persons Impacted by Human Trafficking with Trauma-Informed Care, July 2021
Disrupting the Connection: Social Media, Exploitation and Adolescence, April 2022

Burnout Prevention in Healthcare Providers, March 2023, April 2023
Burnout Prevention Coaching Calls, January 2023 to May 2023
Integrating Services and Person-Centered Through a Collaborative & Holistic Approach, April 2024
Trauma-Informed IPV Screening and Response: Empowering Workforce for Compassionate Care, December 2024

Sacred Space Yoga Teacher Training, 2021 to 2024
Trauma-Informed Care Yoga for Persons with Mental Health, December 2021
International Yoga Retreat, Costa Rica, April 2022
International Yoga Retreat, Costa Rica, April 2024

NASW, California Chapter, 2022
*Post Traumatic Growth in an Age of Covid, Social Worker Wellness***,** March 2022
*Yoga for Social Workers***,** March 2022
Disrupting the Connection: Social Media, Exploitation and Adolescence, January 2023

Mission Capital Nonprofit, 2022
Identifying Persons Impacted by Human Trafficking with Trauma-Informed Care, August 2022

Texas State University (School of Social Work), 2023 to present day
Social Work & Healthcare, Fall 2023
Social Work & Healthcare, Spring 2024
Social Work & Healthcare, Fall 2024
Social Work & Healthcare, Spring 2025
Human Trafficking, Fall 2025
Human Trafficking, Spring 2026
Social Work & Healthcare, Summer 2026

Central Texas Coalition Against Human Trafficking, 2023
Trafficking and Healthcare Trends, October 2023
Trafficking in Texas, Youth Serving Expert Panel, September 2025

Settlement Home for Girls, 2024
Working with Youth Experiencing Trafficking, April 2024

International Rescue Committee, Evaluation Alliance for Human Rights, 2024
Working with Youth Experiencing Trafficking, April 2024

Austin Trauma & Critical Care Conference for Ascension Healthcare, 2024
Human Trafficking Awareness & Education for the Healthcare Professional, April 2024

Michigan Statewide Child Abuse & Neglect Conference, 2024
Trauma Bonding, October 2024

Integrated Behavioral Health Scholar Program (Dell Medical School), 2025
Trauma-Informed Care, February 2025
Trauma-Informed Care & CE-CERT Skills, February 2026

Williamson County Children's Advocacy Center, 2025
Trauma Bonding, June 2025

University of Texas at Austin (School of Social Work), 2026
Generalist Social Work Practice Knowledge Value Skills, Spring 2026

United Against Human Trafficking CHA Network Call, 2026
Program Development, Human Trafficking Prevention, January 2026

ATCIC, Kids Living Well, 2026
Working with Trafficked Youth, April 2026

American Association of Nurse Practitioners, 2026
Human Trafficking Survivor Panel, July 2026

Professional Appointments:

Dell Children's Medical Center Bereavement Committee Standing Member (2013-2022)

PACT (Provider Associate Care Team) Standing Member (2016-2026)

HEAL Trafficking, Gaps in Mental Health Care for Trafficking Survivors (2019-2021)

Magdalene House, Board of Directors (2020-2022)

Heart of Texas Human Trafficking Coalition, Prevention Committee Standing Member (2020-2025)

State (Texas) Service Adult Provider Committee Member/Lead (2021-2022)

University of Texas at Austin, Integrated Behavioral Health Scholar Advisory Council (2021-2026)

Travis County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2026)

McLennan County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2025)

Williamson County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2026)

International Rescue Committee, Evaluation Alliance for Human Rights, Evaluator, (2022-2026)

University of Texas, Medical School, Child & Adolescent Psychiatry Fellowship, Human Trafficking Elective Rotations (2022-2026)

Yoga Alliance Continuing Education Provider, (2023-2026)

Registered Yoga Teacher, (2019-2026)

Experienced Registered Yoga Teacher (2023-2026)

Dell Children's Medical Center Trauma-Informed Committee Standing Member (2024-2026)

Dell Children's Medical Center Workplace Violence Committee Standing Member (2024-2026)

HEAL Trafficking Board Member (2024-2026)

Certified Train-the-Trainer Designations:

Motivational Interviewing (MI) Train-the-Trainer

CSE-IT (Commercial Sexual Exploitation Identification Tool) Train-the-Trainer

HEAL Trafficking Train-the-Trainer (2023)

Theories Informing Practice:

Globalization Theory, Feminist Theory, Person-in-Environment Theory, Attachment Theory, Trauma-Informed Care Framework and Trauma-Informed Yoga

Featured Articles:

Voyage Austin Magazine, *Stories That Inspire*, December 2021

Canvas Rebel Magazine, *Storytime Defining Moments*, November 2022

American Academy of Pediatrics, *Pediatricians Are Vital In Recognizing Child Sex Trafficking*, April 2024

Awards:

Emergency Medicine Social Worker of the Year, Dell Medical School, 2017 to 2018

Emergency Medicine Social Worker of the Year, Dell Medical School, 2019 to 2020

Practicum Instructor of the Year, St. Edward's University School of Social Work, 2024 to 2025

Professional References:

Available upon direct request from Sommer M. Howser