

# KATIE KURTZ MSW, LISW-S

## TRAUMA-INFORMED CARE SUBJECT MATTER EXPERT



Katie Kurtz (she/her) is a verified subject matter expert on trauma-informed care.

As a licensed social worker & certified coach, she has spent over 15 years specializing in trauma-informed training and consultation across multiple disciplines and industries.

Katie is a sought-after keynote speaker and trainer due to her ability to make this approach applicable to all professions. She has created an integrative trauma-informed care training system used with thousands of professionals in multiple industries across six continents.

- Author of the reflective self-care tool, the [Contain Card Deck](#)
- Host of [A Trauma-Informed Future Podcast](#).
- Regional co-chair of the [State of Ohio's Trauma-Informed Care Collaborative](#)
- Subject Matter Expert with the [Integrate Network](#),
- Represented by [Consciousness Leaders](#)
- Founding Facilitator, [SomaShare App](#)
- Adjunct Professor at Case Western Reserve University and Cleveland State University Social Work Graduate Programs

**"Katie is a true pioneer who is at the forefront of trauma-informed care.** She knows how to eloquently transmute ambiguous micro and macro-level challenges into tangible, innovative solutions that honor humanity's core needs and desires."

*-Timothy Frie  
Neuronutritionist, &  
Researcher*

Katie holds a Bachelor of Arts in Psychology and Gender Studies from the University of Dayton and a Master of Social Work degree and Certificate in Non-Profit Management from Case Western Reserve University.

# FREQUENTLY ASKED QUESTIONS (FAQS)

## THE INTEGRATIVE ADVANTAGE

The Integrative Trauma-Informed Care Framework™ is designed to be a liveable leadership lens inclusive for all professions and industries with an emphasis on skill development and community practice.

This framework of trauma-informed care:

- adaptable for ANY profession and industry
- centers strategy and skill
- promotes sustainability
- enhances client and staff social impact
- creates cohesion with other values-driven initiatives

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**SCAN OR**  
**CLICK TO**  
**DOWNLOAD**  
**THE FREE**  
**AWARE GUIDE**



### What is trauma-informed care?

Trauma is a reality that all humans have or will experience personally and collectively. Trauma-informed care is a leadership approach that recognizes the widespread prevalence of trauma and its individual and collective impact to inform key leadership skills such as relationship building, communications, decision-making, and collaboration.

### Why trauma-informed care?

Trauma-informed care focuses on increasing levels of trust, which leads to safer experiences for both those who provide this type of care and those who receive it. Adopting a trauma-informed approach can potentially improve both client and staff experiences, outcomes, wellness, engagement, and retention.

### Who is trauma-informed care for?

In short, all of us. Trauma-informed leadership is human-informed leadership, whether you work in corporate, government, healthcare, small business, etc. Integrative trauma-informed care is designed to be inclusive for all professions and positions within every industry setting.

### How do I become trauma-informed?

Trauma-informed care is a skill set that requires training, practice, and intention. It's best to start with a foundation of shared language and understanding and work your way into the skills, strategies, and mindset.

### Why work with Katie Kurtz?

Katie is an internationally recognized subject-matter expert in trauma-informed care specializing in an integrative approach and has a training system that is inclusive for all industries and professions. She has trained thousands of people across six continents on integrating trauma-informed care into their leadership.

# WORK WITH KATIE

## AVAILABLE SERVICES

- Keynote Speaking
- Professional Training
- Consulting
- Leadership Coaching
- Subject-Matter Expert Advising

## POPULAR KEYNOTE TOPICS

- Introduction to Trauma-Informed Care
- Creating Company Cultures of Care
- Workplace Resilience
- Social Impact Leadership
- Tailored Application of Trauma-Informed Care Strategies

## WHO I'VE WORKED WITH

- State of Ohio, Dept. of Health
- State of Ohio, Dept. of Mental Health & Addicton Services
- Cuyahoga County, Ohio
- National Association of Nutrition & Aging Services Programs
- Oberlin College
- University of Southern California
- OhioHealth Hospital System
- Diabetes UK
- Kadabra Consulting Group
- Nekawa Sober Circles
- Courage to Caregivers
- Willow Room Salon

## REFERENCES

**Julie Johnson, M.Ed., ATS, CPS**

*Integrate Trauma-Informed Leadership Network*  
integratenetwork@gmail.com

**Joleen Sundquist, MA LPCC-S**

*State of Ohio Trauma-Informed Collaborative*  
joleen.sundquist@cccOhio.com

**Natasha Pietrocola**

*Cuyahoga County Division of Senior and Adult Services*  
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**Shirin Eskandani**

*Wholehearted Coaching*  
shirin@wholehearted-coaching.com

# MEDIA & AWARDS

## AWARDS & RECOGNITIONS

*Katie's leadership and work has been awarded and internationally recognized within both the social work and coaching fields.*

- *Beautiful You International Coach of the Year Award Winner (2023-2024)*
- *Beautiful You CEO Shine Award Winner (2017-2018)*
- *Community Partner Collaboration Award, Alcohol Drugs and Mental Health Services Board of Cuyahoga County (2017)*
- *Lakewood Area Collaborative Helping Hands Award, The City of Lakewood and the Lakewood Family Collaborative (2015)*
- *Dorothy Day Award for Leadership and Commitment to Social Action, University of Dayton (2007)*

## MOST POPULAR MEDIA FEATURES

*These are some helpful links to news articles, TV spots & podcasts I have been a guest subject-matter expert.*

- [\*Building Resilient Community Series \(2022\)\*](#)
- [\*Building Resilient Community Series \(2021\)\*](#)
- [\*Most Important Medicine with Dr. Amy King\*](#)
- [\*When Bearing Witness Podcast with Maria Bryan\*](#)
- [\*The Satisfaction Factor Podcast\*](#)
- [\*Relationship As Medicine Podcast with Shelby Leigh\*](#)
- [\*Canvas Rebel Magazine Feature\*](#)

**"I cannot recommend Katie Kurtz enough.** I have hired her multiple times to work with my team and students. As a speaker, she is dynamic and generous with her wisdom and experience. You come away from each of her presentations feeling more confident and equipped."

*-Shirin Eskandani  
Whole Hearted Coaching*

