**SOMMER M. HOWSER, DSW, LMSW, BSW, E-RYT, YACEP**  
512-924-3132  
[sommersunshine@gmail.com](mailto:sommersunshine@gmail.com)

**Career objective:** To utilize my subject matter expertise and foundation in social work to educate social work students at Texas State University as a per course lecturer.  
  
**Summary:**Dr. Sommer Howser, LMSW, BSW, E-RYT, YACEP, is a sexual assault survivor leader, Doctor of Social Work, educator, and specialized social worker supporting persons in Texas who may be impacted by all forms of exploitation. 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.  
  
**Education:**Doctorate 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.*   
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**

**Specializations and subspecialties:**PTSD, Complex PTSD, Child Sexual Exploitation (CSE), Human Trafficking, 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 Education and Awareness for the Healthcare Professional*, varies per month  
*Trauma-Informed Care for the Healthcare Professional*, two to four 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

**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 present day**  
Hatha Yoga, one class per week  
*Trauma-Informed Yoga for Somatic Body Workers*, October 2022  
*Trauma-Informed Yoga Workshop*, July 2024  
  
**Serasana Wellness Studio (Bee Cave), 2019 to present**  
Slow Flow Yoga, one class per week  
*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**  
*Identifying Persons Impacted by Human Trafficking for the Trafficking Advocate*, November 2021

**Texas Association of Community Health Centers, 2021-2023**  
*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  
 **Sacred Space Yoga Teacher Training, 2021**  
*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,* Summer 2022

**Texas State University, 2023 to present day***Social Work & Healthcare,* Fall 2023  
*Social Work & Healthcare*, Spring 2024  
*Social Work & Healthcare*, Fall 2024

**Central Texas Coalition Against Human Trafficking, 2023***Trafficking and Healthcare Trends*, October 2023

**Professional Appointments:**

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

PACT (Provider Associate Care Team) Standing Member (2016-2024)

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

Magdalene House, Board of Directors (2020-2022)

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

University of Texas at Austin, Integrated Behavioral Health Scholar Advisory Counci1 (2021-2024)

Travis County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2024)

McLennan County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2024)

Williamson County, Care Coordination for Child Sex Trafficking Advisory Council, (2021-2024)

Yoga Alliance Continuing Education Provider, (2023-2024)

Registered Yoga Teacher, (2019-2023)

Experienced Registered Yoga Teacher (2023-2024)

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

Dell Children’s Medical Center Workplace Violence Committee Standing Member (2024)  
  
**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)