

FINDING YOUR VOICE

Authenticity, Healing and
Overcoming Barriers



A One-Day Transformational Conference for
Personal Growth and Truth-Telling

WELCOME

Dear Community,

Welcome to *Finding Your Voice*, a one-day transformational conference devoted to truth-telling, healing, and reclaiming our authentic selves. We are so honored to have you with us.

As your hosts, we—Judith Faustima and Nikki Cook—are thrilled to share this powerful day of connection, reflection, and creative expression. This conference is more than an event; it's a culmination of months of visioning and deep community work rooted in the themes of *Voiceless: The Musical*—a story about what it means to be seen, heard, and free.

Today, we gather as therapists, creatives, advocates, and community members to explore the barriers that silence us and the courage it takes to break through. Whether it's through the nervous system, attachment wounds, cultural expectations, or neurodivergence, we all carry stories about how our voices were shaped—and how we can reclaim them through the power of using our voice!

Throughout the day, you'll hear from an incredible lineup of panelists who will guide us through discussions on trauma, autism, music, mental health, and the role of early relationships in self-expression. You'll also have opportunities to engage in creative workshops that invite you to move, speak, and create from the inside out.

We invite you to be curious, brave, and open. This is a space for authenticity in all its forms. Your story matters. Your voice matters. And together, we are cultivating a community where truth-telling becomes a path to liberation.

Thank you for being here. Let's rise together.

With love and gratitude,
Judith Faustima + Nikki Cook

SCHEDULE OVERVIEW

8:30 AM – 9:00 AM: Registration and Breakfast

9:00 AM – 9:30 AM: Opening Remarks: Meet the Writers

Facilitators: Judith Faustima + Nikki Cook

9:35 AM – 10:25 AM: Panel 1 – "Breaking Through: The Barriers to Finding Your Voice"

Facilitator: Judith Faustima

Panelists: Deena Kamm + Andy Sabatier

10:30 AM – 11:20 AM: Panel 2 – "Autism and the Power of Truth-Telling"

Facilitator: Erika Miller

Panelists: Forest Featherston + Seren Slade + Felicity Woods

11:50 AM – 12:40 PM: Panel 3 – "The Role of Attachment in Finding Your Voice"

Facilitator: Judith Faustima

Panelists: Bella Martinez + Maria Jackson + Jackie Currie

12:40 PM – 1:30 PM: Lunch and Networking

1:30 PM – 2:20 PM: Panel 4 – "Healing through Music: Finding Your Voice in Sound"

Facilitator: Ellen Coyne

Panelists: Deena Kamm + Maria Jackson + Rob S Max

2:25 PM – 3:05 PM: Experiential Workshop – "Reclaiming Your Voice: A Transformational Practice"

Facilitator: Deena Kamm

3:25 PM – 4:15 PM: Panel 5 – "The Intersection of Mental Health and Authenticity"

Facilitator: Jackie Currie

Panelists: Seren Slade + Kitt O'Malley + Moon Bukas

4:15 PM – 4:30 PM: Closing Remarks & Call to Action

Facilitator: Nikki Cook



PANELIST & FACILITATOR BIOS



Judith (zhoo-DEET) Faustima LMFT (she/her/li) - Host & Panel

Facilitator: Judith is an Afro-Haitian American Griot (storyteller), mental health professional, and a multidisciplinary creative passionate about the intersection of mental health and the arts. She returned to the stage in Bend, Oregon participating in two table reads and the workshop performance of Voiceless: A Musical, with roles in

The Lifespan of a Fact (Emily Penrose) and you can catch her as the team captain (#25) in The Wolves at the Greenhouse Cabaret in August. Judith has led film discussions at Bend Film Festival for Little Richard: I Am Everything by Lisa Cortés and Kite Zo A by Kaveh Nabatian. She also served as a conference host for an interview with activist Angela Davis and visual artist Sadie Barnette during a featured panel at the World Muse Conference.



Nikki Cook (she/they) - Co-Host:

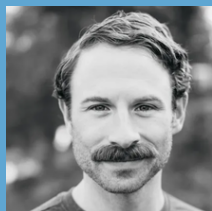
Originally from rural Washington, Nikki is most at home on a horse in the forest with her best dog friend, Shelly. Now living in Oakland, California, she is pursuing a Master's in Nonprofit Administration from Louisiana State University. Nikki loves bringing people together for joyful moments, big ideas, and a little mischief in the great outdoors. If there's music, a river, or a game involved- she's in.



Deena Kamm (she/her) - Workshop Facilitator & Panelist:

Deena Kamm is an executive voice coach with a career as a singer, songwriter, musician, and voice over artist spanning over 25 years in her hometown of Los Angeles, CA. After leaving LA over a decade ago, and moving to Bend, Oregon, she refocused her entertainment experience and dedicated herself to empowering people everywhere to access, embody

and lift their voices both independently and within their community. Deena is the founder and director of VOICE UP, where she works with regular folks, community leaders and corporate VIPs to develop a strong connection to their physical voice and tap into the power of self-expression through clear, confident communication. Another passion of Deena's is her signature singing event, "Public (ROCK) Choir" where she brings people of all walks of life together with an in-house rock band that unifies the room through fun music and the amazing science of sound. Deena's mission is to create a world where everyone has the knowledge, courage and societal permission to tap back into the unrestrained voices that we are all born with.



Andy Sabatier, DPT (he/him) - Panelist: Dr. Andy Sabatier is a physiotherapist with a clinical focus on breathing mechanics. He is the owner of Academy West Breathing Performance, an innovative clinic aimed at optimizing the human breathing system. After completing his doctorate at NYU followed by clinical training at Stanford Hospital's Cardiac ICU, he went on to be primary ICU PT in for a

hospital system in Central Oregon. Along this road, he became obsessed with the mechanics of how we breathe and cultivated a "Breathing First" approach buttressed by the teachings of the great Dr. Mary Massery. He has dedicated himself to eliminating confusion, misunderstanding, and harmful practices around breathing. This approach relies on clear language, relatable examples, and research backed concepts to connect the dots on how and why breathing matters - not "just breathe". Simply put, Andy's goal is to change the way humanity understands, uses and talks about breathing.

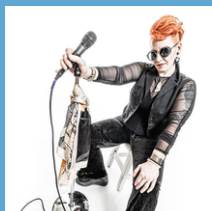


ericka m. miller (she/they) - Panel Facilitator: Erika's experiences in family relationships, in multiple aspects of our medical and mental health care systems, have informed her neurodiversity-affirming perspectives and deep commitment to authentic connection, healing, and collective care. Her work centers lived experience, questions harmful norms, and uplifts diversity as a source of wisdom and resilience. erika co-facilitates mutually supportive, shared learning spaces where people can reclaim voice, connect in integrity, and find a genuine sense of belonging in community.

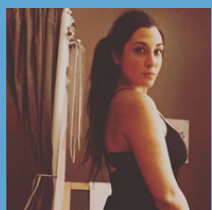


Rob S Max (he/him) - Panelist: Rob S Max is a songwriter, producer, and performer whose work blends heartfelt storytelling with dynamic, genre-bending sound. Drawing from influences across R&B, hip-hop, and alternative styles, Rob creates music that connects on both a personal and universal level. Known for his high-energy performances and authentic stage presence, he brings an undeniable spark to every audience he meets. When he's not in the studio or on stage, Rob is exploring new creative collaborations and pushing his artistry into fresh territory. His mission is simple: make music that moves people—inside and out.





Seren (Seh-dehn) Slade (they/she) - Panelist: For the past twenty years Seren has been a professional performer and voice teacher. They teach and use The Alexander Technique, Body Mapping and the art of breathing. Seren uses classical techniques and training not just in opera but in rock, pop, metal and musical theater. They are currently teaching at Cascade School of Music (CSM) as a voice teacher with an emphasis on the mind-body connection and how it relates to the health and longevity of the voice.



Bella Martínez (she/her/ella) - Panelist: Bella is a mestiza single mother of two amazing children who have been some of her greatest teachers. As a birthworker, somatic practitioner, a traditional postpartum care provider and a bodyworker focused on physiologic body care for the childbearing continuum for parents and infants, it is her greatest honor to give her deepest presence in this field. She is mostly fascinated by culture, lineage work, birth imprinting and hell bent on midwifing a collective shift for humanity to thrive by centering the lifegivers.



Maria Jackson (she/her) - Panelist: Maria Jackson is a former CNA/GNA turned RB/Soul singer from Baltimore Maryland. She is passionate about clear, and healthy communication in all aspects of her life. Connecting with others, and exploring new ways to understand not only herself, but others as well is a huge motivation for her in her day to day.



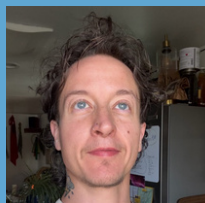
Ellen Coyne (she/her) - Panel Facilitator: Ellen earned a degree in music therapy in 1999 and practiced in Portland for 7 years, working with people who have dementia, mental illness, and developmental disabilities. A curiosity about the human condition led her to pursue a degree at OHSU. She has been a nurse for 18 years, 9 years of that in hospice care, the perfect setting for singing while providing care.



Jackie Currie (they/she) - Panel Facilitator: I'm a Licensed Professional Counselor, Licensed Marriage and Family Therapist, and an Approved Supervisor. My work has focused on trauma, identity, and working with Native/Indigenous Peoples. The most fulfilling part of my work is witnessing people discover and embody their most authentic selves.



Kitt O'Malley (she/her) - Panelist: Kitt O'Malley is the author of "Balancing Act: Writing Through a Bipolar Life." She is a mental health advocate, public speaker, and former psychotherapist who volunteers her time as a NAMI (National Alliance on Mental Illness) Central Oregon board member, volunteer coordinator, and presenter.



Moon Bukas (boo-kahs) (he/him) - Panelist: Moon is a dreamy transman in his 20th year of a therapeutic massage therapy practice living in Bend, OR. He is currently working on two novels, a chapbook of poetry and recovering from a long-term illness.



Felicity Woods (she/her) - Panelist:

Autism Self Advocate.



Forest Featherston (She/her) - Panelist: Forest Featherston is a neurodivergent executive, educator and writer who spent decades masking her truth—until her adult diagnosis of AuDHD helped her begin to reclaim it. Her work centers on amplifying the voices of those taught to stay quiet. She is an operations strategist specializing in neuroinclusive communications, and the founder of Curated Resonance Labs. Forest is currently writing a memoir about healing intergenerational trauma in the American South—and raising a super rad ND daughter who reminds her daily that silence is no longer an option.



APPLAUSE & APPRECIATION

Central Oregon Disabilities Support Network/Stefany Cunningham
Central Oregon Health Council/Miguel Herrada
Ellipse Theatre Community
Full Access High Desert/Mia Swanson
Interconnected Diversity & The Base/Erika Miller
NAMI/Casey Munck
Open Space Event Studios/Leah Rutz
Silent Echo Theater Company

Panelists + Facilitators: Andy Sabatier,
Bella Martínez, Deena Kamm, Ellen Coyne, Erika M. Miller,
Felicity Woods, Forest Featherston, Jackie Currie,
Judith Faustima, Kitt O'Malley, Nikki Cook, Maria Jackson,
Moon Bukas, Rob S Max, and Seren Slade

Volunteers: Craig Brauner, Debbie Levin,
Melisa Fitzgerald, and Sara Thompson



What is Voice?

"Voice is the part of us that communicates who we are, what we want, and why we exist in the world around us. It's an intrinsic tool that allows us to be expressive, be heard, be understood, and be seen. It's a noun, a verb and an adjective, and can belong to a single person or an entire generation... It's simultaneously physical, emotional, and metaphorical and uniquely defines us more than any other part of our body or our mind. Our voice represents every piece of who we are, and for better or for worse, connects us to the rest of the world."

- Deena Kamm

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