

**The Missouri Office Of Prosecution Services,  
The Jackson County Prosecuting Attorney's Office,  
The Jackson County Juvenile Office,  
&  
The Kansas City Police Department,**  
*present*

# Precursor to Murder

*Identifying & Highlighting the Hidden Clues  
in Strangulation Cases*

*This training is POST, 210 & CLE certified. POST certification is  
for Legal Studies, 1.5 hours, Interpersonal Studies, 3 hours,  
Technical Studies, 2.5 hours.*

*Free of Charge*

## September 17, 2026

Space is limited!  
Please reserve your spot.

8:30 AM to 4:30 PM

at

### **Kansas City Regional Police Academy**

6885 NE Pleasant Valley Rd  
Kansas City, MO 64119  
Room 303

*Free of charge to Nurses, Prosecutors, Prosecution Personnel, Law Enforcement, Victim Advocacy Center Staff, Children's Division, Juvenile Office, Probation & Parole, Other Health Professionals, Adult Protective Services, Department of Mental Health & Children's Advocacy Center Staff. Other Similar Allied Professionals must obtain prior approval for attendance from Conference Organizers.*

To register please copy & paste this link into your browser, or find the link at [prosecutors.mo.gov/training\\*](https://prosecutors.mo.gov/training*):

<https://lp.constantcontactpages.com/ev/reg/gp54wu8>

\*PLEASE NOTE Persons needing special accommodations under the Americans with Disabilities Act should notify MOPS at [catherine.vannier@prosecutors.mo.gov](mailto:catherine.vannier@prosecutors.mo.gov) or (573) 644-2409 on or before August 12, 2026.

Questions? Concerns? Please contact Catherine Vannier, Special Victims Resource Prosecutor  
573 644 2409 or [catherine.vannier@prosecutors.mo.gov](mailto:catherine.vannier@prosecutors.mo.gov)

# Precursor to Murder

## Identifying & Highlighting the Hidden Clues in Strangulation Cases

### **8:30 to 9:30 AM** *What is it? Anatomically & Legally*

- The Impact & Anatomy of Strangulation
- Medical Recommendations

### **9:30 to 10:30 AM**

- Vulnerable Victims & Pediatric Strangulation
- The Intimacy & Lethality of Strangulation

### **10:30 to 12:00 PM** *Documentation: The Interview*

- The Chemistry of Trauma & the Anoxic Brain
- Interview Tactics

### **1:00 to 2:30 PM** *Physical Assessment*

- Mock Interview Demonstration
- Signs & Symptoms & Documentation Strategies
- Symptom Logging

### **3:00 to 4:30 PM** *Collaboration*

- Identifying the Champions & Trial Strategies
- Expert Testimony
- Protocols & Kits, Training & Community Education

Handouts will be sent to all registered participants in a web link a few days prior to class. No hard copy handouts will be provided.

### ***Strangulation Facts***

- Recent studies show that among offenders who shoot and kill law enforcement officers, up to 75% have a history of strangling an intimate partner.
- There is a significant overlap between strangulation and sexual assault and abusers who employ strangulation have more in common with serial rapists and serial murderers than the average abuser.
- When a woman is strangled by an intimate partner one time, she is now 800% more likely to be murdered by that partner.
- Only 15% of cases have visible injury when investigated by an untrained professional.
- 43% of intimate partner homicides have a history of strangulation in the 12 months prior to the murder.

### ***About the Presenters***

**Catherine Vannier** After almost 11 years as a line prosecutor, Catherine became the first ever MOPS Domestic Violence Resource Prosecutor. For more than 19 years, Catherine has developed and expanded the program, continually adapting and improving her presentations based on feedback from past audiences. Catherine serves as an appointed member of the Missouri Supreme Court's Task Force on Domestic Violence & Human Trafficking. Catherine also staffs the Missouri Association of Prosecuting Attorneys' Best Practices Special Victims Sub-Committee. As the Special Victims Violence Resource Prosecutor, she also sits on several other groups and committees, acting as a liaison between prosecutors and our allied professionals.

**Jennifer Sonsiadek** Jen has worked in the areas of intensive care, emergency department, critical care & as a sexual assault nurse examiner/forensic nurse for the past 19 years. She is currently the Emergency Department Clinical Nurse Specialist & a SANE/forensic nurse with AdventHealth in Kansas City. From 2015 & 2025, she was the Clinical Forensic Program Manager for the Saint Luke's Health System over 14 hospitals that range from level one trauma center, rural critical access, & community hospitals with adult & pediatric acute psychiatric hospitals. She is an adjunct professor for Saint Luke's College of Health Sciences at Rockhurst University for Introduction to Forensic Nursing. Between 2020 & 2024, she was an adjunct professor with the University of Missouri Kansas City (UMKC) in the Criminal Justice Department, & has taught pathophysiology with Avila University in Kansas City. She has been qualified as an expert in SANE practice, sexual assault, dynamics of domestic/intimate partner violence, neurobiology of trauma, acute & long term trauma response, trauma informed care, asphyxiation assault injuries, & has trained more than 6000 police officers, prosecutors, advocates, & health care professionals in anatomy, physiology, assessment, and documentation of strangulation, choking, and suffocation and provides expert testimony