# **Race-Based Traumatic Stress:**

# **Broadening Your Toolkit to Support Diverse Clients**

**Program Description**

In this engaging session, we delve into the complex world of race-based traumatic stress and its profound impact on clients of color. Our exploration includes:

1. Conceptual Model Review:
a) Understand the theoretical framework behind racial trauma.
b) Explore how historical trauma shapes present experiences.

2. Common Responses to Trauma:
a) Uncover typical reactions and coping mechanisms.
b) Discuss resilience and healing strategies.

3. Risk and Protective Factors:
a) Identify key elements that influence racial trauma.
b) Learn how to mitigate risks and enhance protective factors.

4. Cultural Competence for Clinicians:
a) Enhance your ability to provide sensitive care.
b) Develop practical skills for culturally competent therapy.

5. Interactive Learning:
a) Engage in self-reflection exercises.
b) Participate in group activities and discussions.
c) Access audio/visual resources for a comprehensive learning experience.

Join us as we empower clinicians to navigate racial trauma with compassion and expertise.

**Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Explain at least one reason race-based traumatic stress is relevant in clinical practice.
2. Identify at least one assessment tool related to race-based traumatic stress to use with clients.
3. Examine case studies and apply information learned about racial trauma.

**Target Audience**

Social workers, psychologists, licensed professional counselors, educators, school personnel, mental health professionals, clinicians, health and human service practitioners, and other health care professionals.

**Contact Hours**

4.0 contact hours

## **Program Agenda**

## 9 AM to 10:30 AM Introduction to Historical Trauma

10:30 AM to 10:45 PM Break

10:45 AM to 11:30 PM Racial Trauma

11:30 PM to 12:30 PM Break

12:30 PM to 1:30 PM Case Study Review

1:30 PM Adjourn

**Faculty**

**Alicia Freeman, LCMHC, LCAS-A**, is the Mental Health First Aid Program Manager with Behavioral Health Springboard at the UNC-CH School of Social Work. Ms. Freeman is the owner of Ascend Counseling, PLLC, where she provides counseling, coaching, and consultation services. She is a Licensed Clinical Mental Health Counselor and Licensed Clinical Addictions Specialist – Associate. Ms. Freeman’s current research focus includes Racial Trauma and Resilience. She also participates in various committees and coalitions dedicated to Mental Health, Substance Prevention, Suicide Prevention, and Health Equity.