

Race-Based Traumatic Stress: Broadening Your Toolkit to Support Diverse Individuals

Program Description

In this engaging session, we will explore the complex world of race-based traumatic stress and its profound impact on clients of color. The session begins with a review of the conceptual model, where we will examine the theoretical framework behind racial trauma and how historical trauma continues to shape present-day experiences. We will then explore common responses to trauma, uncovering typical reactions and coping mechanisms, while also discussing resilience and healing strategies. The session will also cover key risk and protective factors, identifying elements that influence racial trauma and providing insights on how to mitigate risks and enhance protective factors. Clinicians will gain valuable cultural competence by enhancing their ability to provide sensitive care and developing practical skills for culturally competent therapy. Throughout the session, participants will engage in interactive learning, including self-reflection exercises, group activities, and discussions, while also accessing audio/visual resources for a comprehensive and enriching experience.

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

Topics Covered

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.

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.