

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

Program Description

In this session, we will develop a better understanding of how race-based traumatic stress manifests and impacts clients of color. We will review a conceptual model and common responses to historical trauma. We will identify risk and protective factors regarding racial trauma.

The session will help clinicians become more culturally competent in providing care to clients. There will be opportunities for multiple modalities of learning including audio/visual information and resource, self-reflection, and group work activities.

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

This program is intended for helping professionals. Specifically, clinicians who provide mental health treatment and intervention for BIPOC clients such as counselors, social workers, psychologists, psychiatrists, medical doctors etc.

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.