

## Outline

### Cultural Competency Markers for Mental Health Professionals

- Core elements of cultural competency within mental health
- Bidirectional relationship between cultural humility and cultural competency
- Cultural attunement variables
- Honoring of worldviews, identity, language, customs

### Case Conceptualization Strategies When Race-Based Stressors are Present

- Essential conceptualization components to assess cases
- Treatment planning and case conceptualization factors
- Errors often seen within poor case formulations
- Enhancement of case conceptualization processes when cultural competency is present

### Diagnostic Criteria for PTSD per the DSM-5™

- Considerations to diagnose trauma secondary to a race-based stressor(s)
- Exploration of direct trauma in relation to a PTSD diagnosis
- Generational trauma factors linked to race-based stressor(s)
- Exploration of vicarious trauma in relation to a PTSD diagnosis
- Minority stress features that impact quality of life factors

### Racial Trauma Symptomology: Identifying with Biopsychosocial Framework References

- The mind and body trauma connection
- Diathesis-Stress Model in relation to trauma
- Recognizing physiological signs of trauma
- Long-term impacts of chronic stress stored in the body

## Objectives

1. Investigate core elements of cultural competency for mental health professionals.
2. Formulate a detailed conceptualization of a case with race-based stressors.
3. Analyze trauma diagnostic criteria and the impact of race-based stressors.
4. Determine how vicarious trauma impacts clients' emotional functioning.
5. Employ the biopsychosocial model framework to guide assessment steps and treatment of trauma stemming from racism and discrimination.
6. Analyze factors that influence generational trauma and exacerbate racial trauma symptomology.

- Outline of useful trauma measures that may be utilized
- Listing of symptom monitoring measures
- Client and therapist match measures

### Racial Trauma Treatment: Effective Interventions and Multimodal Framework

- Applicable options for treatment
- Scripts to discuss racial trauma, minority stress and explore client/therapist dynamics
- Culturally sensitive treatment implications
- Multimodal framework for treatment:
- Distressed sleep interventions: CBT for insomnia and imagery rehearsal for nightmares
- Chronic stress: CBT and mindfulness approaches
- Value-based living: usefulness of ACT tenets
- Trauma-focused treatment using prolonged exposure
- Assertive communication strategies from interpersonal psychotherapy
- Safeguards to help the efficacy of racial trauma treatment(s)
- Limitations of racial trauma treatments
- Risks associated with administering evidence-based psychotherapies for racial trauma

### Live Webinar Schedule (Times listed in Pacific)

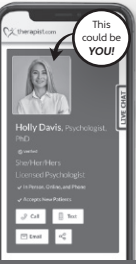
- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# Racial Trauma and Minority Stress

## The Culturally Competent Clinician's Guide to Assessment and Treatment


Includes 1 CE hour of Cultural Competency

- Know where to start – identify your clinical blind spots with multicultural clientele
- Get a template for more comfortably and capably discussing matters of race in therapy
- Gain confidence in exploring your clients' race-based fears, safety concerns and emotional exhaustion
- Step-by-step guidance on culturally appropriate trauma treatment options

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# Racial Trauma and Minority Stress

## The Culturally Competent Clinician's Guide to Assessment and Treatment

Violent and unjust deaths televised on 24-hour loops. The terrifying stress of traffic stops. Walking into a store and being followed by a clerk.

Race-based stressors can leave BIPOC clients overwhelmed with fear, anxiety, hopelessness and emotional exhaustion. The raw pain and trauma of each experience adding another excruciating burden they must carry.

**Without addressing race-based issues at the heart of their trauma, you'll fail to move clients facing the distress of daily assaults on their dignity toward greater hope and healing.**

But where do you start?

Lillian Gibson, Ph.D., is a licensed clinical psychologist who has spent her career working to enhance the lives of people in marginalized groups.

In this **one-day training** Dr. Gibson will give you the **tools and guidance** you need to better align with your clients race-based experiences, strengthen the therapeutic alliance and **more capably treat clients with trauma rooted in racism.**

Join her and discover how you can:

- Identify your clinical blind spots with multicultural clientele
- Assess for trauma symptomology and factors that influence minority stress
- Conceptualize cases when race-based stressors are present
- Avoid clinical missteps that can damage the therapeutic alliance
- Develop a racial trauma treatment plan and apply client-centered strategies

*PLUS* this program **includes scripts, interactive exercises and case studies** to help you more comfortably and capably discuss race related matters in therapy.

Don't miss this chance to bring healing change to those facing the trauma of racism.

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### Target Audience:

Social Workers • Counselors • Psychologists • Marriage & Family Therapists • Physicians  
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## Meet Your Speaker



**Dr. Lillian Gibson, Ph.D.,** is a licensed clinical psychologist who works with clients facing race-based traumas, minority stress, anxiety, depression, trauma, insomnia, nightmares, and chronic medical conditions.

Dr. Gibson is a highly recommended speaker, consultant, and clinician who is frequently engaged by non-profit agencies, community-based programs, and mental health agencies to inform and train their staff on culture affirming best practices for both employees and patients.

Experienced in a variety of settings including inpatient mental health centers, outpatient behavioral care services, and primary care settings, Dr. Gibson's professional footprints include places such as Johns Hopkins Medicine and the Quality Education for Minorities Network. Dr. Gibson has also conducted international research in Johannesburg, South Africa.

Speaker Disclosures:

Financial: Dr. Lillian Gibson maintains a private practice. She receives compensation as an independent consultant. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Lillian Gibson has no relevant non-financial relationships.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Social Workers, Counselors, Psychologists, Marriage & Family Therapists, Addiction Counselors, Nurses, and Physicians.**

For specific credit approvals and details, visit [pesi.com/webcast/87202](http://pesi.com/webcast/87202)

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**\*includes up to 1.0 hour of cultural competency.**



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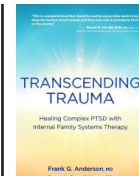
## Recommended Reading:



PUB086925

***Diversity in Clinical Practice***  
*A Practical & Shame-Free Guide to Reducing Cultural Offenses & Repairing Cross-Cultural Relationships*  
Lambers Fisher, MS, LMFT, MDIV

~~\$29.99~~ **\$22.99\***



PUB086965

***Transcending Trauma***  
*Healing Complex PTSD with Internal Family Systems*  
Frank Anderson, MD

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