

Outline

Why Cultural Competence is Not Enough

- Learn what is missing in traditional diversity training
- Types and causes of racial trauma
- Psychological and physical toll of overt and subtle acts of racism
- Common racial microaggressions committed by therapists
- Tools to examine bias and assumptions
- Repair ruptures and build connection

Identify, Assess and Respond to Racial Trauma

- Signs and symptoms of racial trauma
- Step-by-step racial trauma intake process
- Respond strategies and examples to clients who disclose a racial trauma event
- Two racial trauma assessments (including intergenerational trauma and work with BIPOC teens)

Regulate the Nervous System in Therapy

- Apply Polyvagal theory to race-based trauma
- Optimize safety for BIPOC clients
- Skillful responses to triggers, shutdown and emotional reactivity
- Tools to calm the nervous system before, during and after therapy
- Somatic resources for cross-cultural therapeutic relationships

Somatic and Integrative Clinical Approaches

- Resources to widen the window of tolerance of current and generational trauma
- Response strategies for disclosure of overtly racist event
- Grounding for BIPOC clients and direct or vicarious acts of racism
- EMDR strategies for racial trauma
- 5 self-care race-based trauma practices
- Racial Wellness Tool-Kit

Implicit Bias & Self-awareness

- Tools for identifying implicit bias
- Expand self-awareness
- Cross-cultural strategies for deeper relationships
- Limitations and when to refer out
- Future directions for the field

Live Webinar Schedule (Times listed in Central)

- 9:00 Program begins
- 1:00-2:10 Lunch Break
- 5:00 Program ends

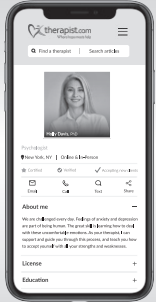
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Differentiate 3 challenging components of race-based traumatic stress and how to address them.
2. Utilize clinical strategies and evidence-based assessments to identify current and intergenerational trauma, related symptoms, and potential co-morbid conditions in BIPOC teens and adults.
3. Analyze the role of microaggressions in the therapy room and how therapists perpetuate racism and support racist social structures without realizing it.
4. Apply strategies for identifying their own blind spots and become more conscious and aware of their own implicit biases.
5. Apply 3 polyvagal approaches to help clients create safety, enhance social engagement, and help BIPOC clients navigate their nervous system.
6. Apply 3 specific somatic resources that can help BIPOC clients process race-based trauma.
7. Utilize evidence-based models and strategies that empower BIPOC clients to attune to their nervous system, notice patterns of behavior, and uncover their own internal growth and resilience.

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Racial and Generational Trauma Recovery

Increased hate crimes. Fear and discrimination. Police brutality and traumatic media coverage. Higher rates of mental and physical health disorders.

Just because your clients aren't talking about racial trauma, doesn't mean they're not dealing with it.

It is critical that your therapeutic space **instills a sense of safety and calm** and **agency and empowerment** for BIPOC clients.

Imagine your Black, Indigenous, and people of color (BIPOC) clients leaving therapy...

...feeling like their **traumatic experiences no longer drain or define them**

...having **gained a sense of ownership** over *their* story

...using their trauma to **help or inspire others** into healthy action

Chinwé Williams, PhD, and Licensed and Board-Certified EMDR therapist has been supporting BIPOC clients with trauma recovery for over a decade. She serves the BIPOC community as a published researcher and author, consultant, educator, and a featured expert blog and media contributor. She specializes in somatically-focused approaches to teach clients how to regulate the nervous system and safely use the body for healing racial trauma.


In this live one-day webinar, Dr. Williams will **go beyond cultural competency** and “top-down approaches”, like CBT—because **clients can't think their way out of trauma**.

You'll learn...

- somatic, body-based interventions to **heal the nervous system** and target trauma at the cellular level
- **new exercises** to explore your identity and bias
- the latest ways to **support racial wellness and self-care**

Don't let therapy be another space where a BIPOC client doesn't feel safe and heard.

Join this expert-led training to grow deeper in your connections with BIPOC clients and improve clinical outcomes.



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Meet Your Speaker



Chinwé Williams, PhD, and Licensed and Board-Certified EMDR therapist has been supporting BIPOC clients with trauma recovery for over a decade. She serves the BIPOC community as a published researcher, author, consultant, educator, and a featured expert blog and media contributor. She specializes in somatically-focused approaches to teach clients how to regulate the nervous system and safely use the body

for healing racial trauma. A former faculty member at Georgia State University, the University of Central Florida, and Rollins College, her expertise lies in areas of trauma recovery, stress/anxiety management, adolescent and women's wellness, race-related traumatic stress, and equity centered trauma informed education. She is on the advisory board for Brightline—a behavioral health company that provides telemedicine to kids, teens, and families where she consults on how best to support BIPOC youth and families through programs, content and care team training. She is the owner of Meaningful Solutions Counseling & Consulting, a thriving private practice in Roswell, GA and the co-author of the best-selling book *Seen: Healing Despair and Anxiety in Kids and Teens Through the Power of Connection*.

Speaker Disclosure:
Financial: Dr. Chinwé Williams is the co-owner of Southeastern Counselor Training Institute and has an employment relationship with Meaningful Solutions Counseling & Consulting. Dr. Williams receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Chinwé Williams has no relevant non-financial relationships.

Target Audience:

Psychologists • Psychiatrists • Counselors • Social Workers • Psychotherapists
Marriage and Family Therapists • Case Managers • Addiction Counselors
Physicians • Nurses • Other Mental Health Professionals

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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QUESTIONS

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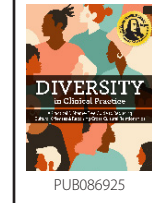
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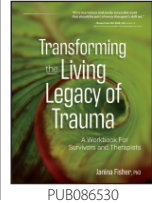
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