

Healing from Racial Trauma



Dr. Gloria Morrow, the CEO of GM Psychological Services and Director of Behavioral Health for Unicare Community Health Center, is one of the nation's leading clinical psychologists. Dr. Gloria also serves as a Diversity, Equity, and Inclusion Consultant and a Lead Trainer for the CBMCS (California Brief Multicultural Competency Scale) Training Program, which focuses on a training curriculum she helped to develop. Dr. Gloria also facilitates a wide range of trainings relevant to cultural humility and cultural competency. She serves as a consultant for The King Center in Atlanta, Georgia, where Dr. Bernice King serves as the CEO. Dr. Gloria's work surrounding the role of Spirituality in recovery has gained notoriety with the development of a three-day training and handbook entitled S.A.F.E. (Spirituality and Faith Empowers) to equip the faith community and mental health professionals to help hurting people. She is also known for her extensive leadership and team building trainings. Dr. Gloria is a sought after keynote speaker and workshop facilitator for conferences and retreats, who discusses mental health and life skills topics by Integrating psychology and spiritual principles for women and men. Dr. Gloria has appeared as a frequent guest on CNN and has also appeared on MSNBC, NBC4, and Fox 11 news and a variety of radio shows, including Stevie Wonder's KJLH. Dr. Gloria has authored several books, such as *"Too Broken to Be Fixed? A Spiritual Guide to Inner Healing," "The Things That Make Men Cry," "Keeping it Real! 7 Steps Towards a Healthier You"*, to name a few, and she recently wrote and published two eBooks, entitled "Unleash the Secret Weapons to Your Success," and "COVID-19 Maintaining Positive Emotions During Tough Times."

Target Audience: County of Santa Clara's Behavioral Health Services and Contract Provider staff.

This training meets Cultural Humility training requirements

October 17, 2023

9:00 am – 1:00 pm
Zoom

Workshop Description:

Society has been significantly impacted by four major pandemics, COVID-19, economic distress, political chaos, and racial injustice. Taken together these pandemics have negatively impacted the mental, physical, and spiritual health of those who are the most vulnerable, especially within communities of color. Racial trauma can have lethal effects, and negative impact one's mental, physical, and spiritual health. The effects of racial trauma may be especially pronounced for those who may be victims of other forms of trauma. Further, people of color can sometimes be re-traumatized by systems and those working in systems they have to engage in for resources. Also, those in helping professions can suffer from compassion fatigue because of the secondary trauma they experience in their attempts to help communities of color in a variety of ways. This workshop will focus on helping participants to learn strategies for helping communities of color to heal from racial trauma, as well as to develop strategies for practicing self-compassion so they too can heal from secondary trauma.

CLAS Standard

Principal Standard: 1. Provide effective, equitable, understandable, and re-spectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs

Educational Goal: Participants will become more knowledgeable about what constitutes racial trauma and at least three (3) factors that may cause racial trauma

Learning Objectives:

Upon completion of the course, participants are expected to be able to:

- Participants will be able to identify at least five (5) emotional and physical symptoms of racial trauma.
- Participants will identify at least three (3) ways racial trauma impacts communities of color.
- Participants will learn at least three (3) strategies for healing from racial trauma.
- Participants will be able to identify at least five (5) strategies for exercising self-compassion.

County of Santa Clara's Behavioral Health Services Department (CSCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for the County of Santa Clara's LMFTs, LCSWs, LPCCs, and/or LEPs. CSCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 3.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider #131775. CSCBHSD is approved by California Consortium of Addiction Programs and Professionals - Educational Institute (CCAPP-EI), Provider Number 4S-95-305-0425 for 3.5 CEHs. Lunch and scheduled breaks during the training do not count toward continuing education credits.

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- ◇ Registration and cancellation close at 9am two working days prior to training. You will be recorded as a No-Show in sccLearn if you don't attend and did not cancel the training.
- ◇ If you have questions, need accommodations, or have a grievance, please contact LPTtraining@hhs.sccgov.org.
- ◇ CE Certificates will be available to download in sccLearn 2-3 weeks after the training date.