

## Outline

### Pathways of Trauma Genesis:

#### Development of Generational Transmission

Intergenerational trauma – how it works  
Racial Trauma as Infinity Complex traumas  
Redefining Post-Traumatic Stress Disorder  
Eurocentric cultural biases  
Discerning complex racial and ethnic trauma  
Enhance skills for clients of intersectional identities

### Racial Trauma and the Polyvagal Response:

#### Healing Its Impact and Moving Forward

Essential components of polyvagal theory  
Polyvagal response to racial trauma for all  
Neurological connections and our clients' worlds  
Adrenaline fatigue, burnout from "survival mode"  
Shame, grief, and self-deprecation, a psycho-social perspective

### Unique Aspects of Assessing Racial Trauma:

#### Find Hidden Trauma

Comorbidities – discern symptoms from systemic oppression  
How to identify index traumas  
Tips for deactivating response to internal and external triggers  
Impact of Adverse Childhood Experiences (ACES)  
Identification of racial specific trauma and stress  
Use cultural competency to foster rapport

### Deactivate Trauma Responses and Move Toward Safety

Experiential mind-body breathwork for vagus nerve soothing  
How to use internal resourcing for healing trauma  
5 Ways to liberate traumatic racial memories  
Legacy trauma unburdening and unpacking  
Building community support and other protective factors  
Creating safety regulation in traumatized clients

### Tools for Therapeutic Racial Justice in Session

Tips for incorporating cultural humility  
Cultural practices as tools for generational healing  
Scripts for enhancing communication on difficult topics

### Live Webinar Schedule

(Times listed in Eastern)

**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.

## Objectives

1. Analyze signs of racial trauma and how generational adaptations manifest in the form of survival coping skills.
2. Hypothesize how racial trauma is an exaggerated form of complex post-traumatic stress disorder.
3. Apply trauma and multisensory mind-body based therapies to deactivate the trauma response and create internal regulation.
4. Utilize internal resourcing to ground clients who experience racial trauma.
5. Resolve complex trauma experienced vicariously or directly by exposure to repeated racial trauma.
6. Develop transgenerational trauma and adaptive cultural coping mechanisms.

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# Deactivating the Polyvagal Response to Racial Trauma



Featuring  
**Candice Richardson Dickens, LPC**

- Enhance your skills for clients of intersectional identities
- Process intergenerational racial and legacy trauma
- Deactivate trauma responses and move clients toward safety
- Scripts for enhancing communication on difficult topics

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# Deactivating the Polyvagal Response to Racial Trauma

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**Friday, January 21, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.

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# Deactivating the Polyvagal Response to Racial Trauma

Good intentions are not enough to heal generational wounds incurred by racial trauma and decades of systematic racism.

It requires refined knowledge and skills that many clinicians were never taught.

That's why we're bringing you a brand-new approach to treatment!

**Polyvagal theory for complex racial trauma** offers a profound method for developing connection with clients to resolve trauma. Targeting the vagus nerve, polyvagal response deactivation interventions sooth the nervous systems of both you and the client. Through this **interactive co-regulating process** you will transform your clients' minds, bodies, and your practice.

Get ready for an incredibly impactful one-day training with Candice Dickens, LPC. With 30 years of experience as a clinician, she specializes in trauma-based care and the intersection of race, ethnicity and other cultural factors. Candice shares with you a moving experience of learning to lead clients through processing their own complex trauma related to race, childhood experiences, and more - while also deepening your understanding of your own nervous system reactions in session.

In this online training you'll learn how to receive the client as they are, enriching your dyadic attunement. The unique application of polyvagal response to racial trauma encourages:

- Processing of intergenerational and legacy trauma
- Growth of new neurological connections changing old patterns
- Decreased reaction to triggering stimuli related to race seen on media and other places
- And much more!

Don't wait, learn how to help clients resolve complex racial trauma symptoms today in this one-of-a-kind training!

## Target Audience:

Social Workers • Counselors • Psychologists • Marriage & Family Therapists • Physicians  
Addiction Counselors • Psychiatrists • Other Mental Health Professionals



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## Meet Your Speaker

**Candice Richardson Dickens, LPC**, is the owner of the training institute CRA Counseling & Consulting Agency. She has been a clinician for over 30 years and specializes in the intersection of trauma-based therapies and race, ethnicity, and cultural areas. Candice is a graduate of Bowling Green State University holding a master's degree in rehabilitation counseling and is working on completing a PhD in counselor education and supervision through Saybrook University. She is a licensed clinical professional counselor and a licensed alcohol and drug abuse counselor. Candice frequently presents on the topic of trauma and race, including at Psychotherapy Networker, the Social Security Administration, and the Association for Addiction Professionals among other events.

Speaker Disclosure:

Financial: Candice Richardson Dickens is the clinical director at CRA Counseling & Consulting Agency.

Non-financial: Candice Richardson Dickens an executive board member for The Board Of Professional Counselors. She is a member of the Maryland Association of Imago Therapist.

## 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, and Physicians.**

For specific credit approvals and details, visit [www.pesi.com/webcast/86421](http://www.pesi.com/webcast/86421)

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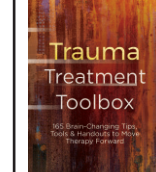
## Recommended Reading:



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

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165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward  
Jennifer Sweeton, Psy.D., M.S., M.A.

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