

Outline

Session 1 – Assessment

Use of validated scales and clinical interview to assess racial stress and trauma. Will also cover research limitations and treatment risks.

Session 2 – Making Sense of Racism

Use psychoeducation about racism and resulting harms to reduce shame by helping clients understand racism is not their fault.

Session 3 – Coping & Self-Care

Assess clients' coping and self-care strategies so you can increase functional strategies and decrease dysfunctional ones.

Session 4 – Cultivating a Support Network

Identify existing social supports and find ways to create more to reduce clients' stress and provide resources for when racial stress occurs.

Session 5 – Dismantling Internalized Racism

Use cognitive defusion and restructuring, along with cultural exploration and appreciation to reduce shame in clients and increase their feelings of belongingness.

Session 6 – Understanding Race and Whiteness

Provide psychoeducation about race, including the invisibility of Whiteness, to increase clients' feelings of control by better predicting racism in the environment.

Session 7 – Exposure and Processing Experiences of Racism

Use Socratic questioning, writing, artistic expression to change clients' thinking about distressing events and reduce distress, shame and guilt

Session 8 – Strategies to Combat Racism

Use journaling, review of possible responses, and role playing to build clients' skills in responding to racism in various situations and increasing their confidence to act.

Session 9 – Practicing Combatting Racism in Everyday Life

Use graduated exposure and show clients how to respond to racism in daily life, make predictions and process outcomes to increase their feelings of agency toward racism and reduce their feelings of helplessness and victimization.

Session 10 – Posttraumatic Growth and Meaning Making

Consolidate events into a cohesive and meaningful narrative with clients

Session 11 – Social Action, Activism, and Healing Outside Therapy

Help clients evaluate their values, manage exposure to challenging situations, and attempt to reach racial justice goals so they can continue ongoing meaning-making of prior trauma, promote change in their environment, and feel agentic.

Session 12 – Moving On

Synthesize course of treatment and mastery of techniques for purposes of relapse prevention.

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.

Objectives

1. Assess for racial stress and trauma using validated scales and clinical interviews.
2. Utilize psychoeducation about racism to reduce shame by helping clients understand racism is not their fault.
3. Create a support network with clients to help them reduce stress and provide resources for them when racial stress occurs.
4. Use cultural exploration and appreciation strategies to reduce shame in clients and increase their feelings of belongingness.
5. Employ role play with clients to build their skills in responding to racism in various situations and increasing their confidence to act.
6. Use graduated exposure to increase clients' feelings of agency toward racism and reduce their feelings of helplessness and victimization.

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The Racial Trauma TREATMENT PROTOCOL

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The Racial Trauma TREATMENT PROTOCOL

A 12-Session CBT Approach for Therapists Working with Racial Wounds



FEATURING

Monnica Williams, PhD, ABPP

Psychologist, researcher and one of the world's foremost experts on racial trauma

- Assessment tools and identity affirming practices
- Specific interventions to help clients process racist experiences
- Detailed guidance on combatting internalized racism and self-blame
- How to use journaling, artistic expression, role-playing and more

Includes up to **2 CE hours** cultural competency

Live Interactive Webinar
Wednesday, May 18, 2022

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

The Racial Trauma TREATMENT PROTOCOL

Racial stress and trauma are common presentations in therapy...and the number of clients needing treatment is only expected to grow.

But there are few guidelines available for therapists, and fewer trainings, to show you what to do in sessions. No step-by-step guides, no clinical tools and no practice tips. You feel like you're winging it; knowing these clients need your help, but worried that the lack of available clinical guidance will leave them suffering for years...maybe forever.

That's why Dr. Monnica Williams, psychologist and one of the world's foremost experts on the subject of racial trauma, has developed a **12-Session Protocol that gives therapists a step-by-step blueprint to assess for racial stress and trauma and achieve optimal outcomes in treatment.**

And now, in this one-day webinar, Dr. Williams and fellow expert Dr. Chad Wetterneck will provide you the specialized training you need to utilize her treatment protocol, so you never need to feel like your clients' race-based wounds will go unaddressed again.

When you register, you'll get the essential components of treatment for racial stress and trauma based in today's most up-to-date empirical evidence so you can:

- Better validate clients' race-based experiences
- Combat clients internalized racism and self-blame
- Help clients process their traumatic race-based experiences
- Increase clients' feelings of agency toward racism and reduce their feelings of helplessness
- And much more!

Don't spend one more day worrying if clients who've suffered traumatic racial experiences, bias and discrimination are getting the best treatment you can provide.

Sign up today!

Target Audience:

Counselors • Social Workers • Marriage and Family Therapists • Psychiatrists
Psychologists • Physicians • Psychotherapists • Therapists • Addiction Counselors • Nurses



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Meet Your Speakers

Dr. Monnica T. Williams, PhD, is a board-certified licensed clinical psychologist who was named one of the top 25 thought leaders in PTSD by PTSD Journal. Her work has been featured in several major media outlets, including NPR, Huffington Post, CNN, and the New York Times.

Dr. Williams is the author of *Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care Across Settings* (Context Press, 2019) and has published over 100 book chapters and peer-reviewed articles focused on trauma and other anxiety-related disorders and cultural differences. She is an associate editor of the Behavior Therapist and New Ideas in Psychology and serves on the editorial board of several scientific journals.

Speaker Disclosure:

Financial: Dr. Monnica Williams has employment relationships with the University of Ottawa, the University of Massachusetts, and Behavioral Wellness Clinic, LLC. She receives compensation as a consultant and royalties as a published author. Dr. Williams receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Monnica Williams serves on the board of directors for the Source Research Foundation. She is a member of the Medical and Scientific Advisory Committee (adjunct to the Board of Directors of C eu do Montr el Church), the American Psychedelic Practitioners Association, the Canadian Association for Behavioral & Cognitive Therapies, the Association for Psychological Science, the Canadian Psychological Association and others. For a complete list, please contact info@pesi.com.

Chad Wetterneck, PhD, is a licensed clinical psychologist who serves as the clinical director of Trauma Recovery services at Rogers Behavioral Health, where he developed the adult trauma recovery programs at the residential, partial hospital, and intensive outpatient levels of care. Dr. Wetterneck holds adjunct faculty appointments at Marquette University and the University of Wisconsin--Milwaukee. He has published over 85 peer-reviewed articles, has co-authored a book, and has been grant-funded for studies on treatment outcome. Dr. Wetterneck is vice-chair of the Diversity Special Interest Group of the International OCD Foundation and a member of the American Psychological Association, the Anxiety and Depression Association of America, the Association of Contextual Behavioral Science, and the International Society for Traumatic Stress Studies.

Speaker Disclosure:

Financial: Chad Wetterneck is the founder of The Recovery from OCD, Anxiety, and Depression. He has employment relationships with Rogers Behavioral Health and Marquette University. Chad Wetterneck receives royalties as a published author. He receives a speaking honorarium from PESI, Inc.

Non-Financial: Chad Wetterneck is a member of the American Psychological Association and the Anxiety and Depression Association of America.

To view the full bios, visit www.pesi.com/webcast/87117

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

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***includes up to 2.0 hours of cultural competency.**

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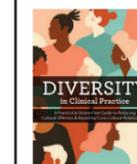
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Recommended Reading:



Diversity in Clinical Practice
A Practical & Shame-Free Guide to Reducing Cultural Offenses & Repairing Cross-Cultural Relationships
Lambers Fisher, MS, LMFT, MDIV
~~\$29.99~~ **\$22.99***

PUB086925



Transcending Trauma
Healing Complex PTSD with Internal Family Systems
Frank Anderson, MD
~~\$29.99~~ **\$22.99***

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