

Psychotherapy Approaches to Racial Trauma

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Friday, October 28 1:00-3:00 Eastern

About this Webinar

Intersecting pandemics have created a national mental health crisis in the United States. Additionally, racism has been declared a mental health pandemic. Many Black, Indigenous, People of Color (BIPOC) experience racial trauma. Mainstream therapeutic approaches do not address the complexity of racial trauma. This webinar focuses on psychotherapeutic approaches to racial trauma. Race - informed psychotherapies grounded in social justice action such as liberation, ethno-political, and decoloniality will be reviewed. A racial trauma therapy including assessment and treatment will be discussed.



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