

Race-Based Traumatic Stress and Healing

A Treatment Roadmap for Helping Professionals

LIVE VIDEO WEBCAST
Tuesday, April 26, 2022

Webcast Information

Eastern Time

12:00pm Program begins
2:00pm Program ends

CCMH is sponsoring this free CEU opportunity for all helping professionals

TO REGISTER: [CLICK HERE](#)

For more information or questions:

PESI customer service: (800) 844-8260

Email: Technical Support: info@pesi.com

Host: Center for Collegiate Mental Health (CCMH)



For additional information visit:

<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

There is a significant prevalence of college students reporting race-based stress in counseling and their daily lives. Race-based stress and racial trauma have a deleterious impact on health and mental health. This presentation will detail considerations for helping professionals to address race-based trauma in their work with students.

Target Audience: Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers



PennState
Student Affairs

Center for Collegiate
Mental Health

Speakers

Natalie Hernandez DePalma, PhD, is the Co-Interim Senior Director and Clinical Director at Penn State's Counseling and Psychological Services. A licensed psychologist, she sits on the Penn State CARE, Behavioral Threat Management and Gender Diverse Care teams. The previous coordinator of Multicultural Programs and Services at Penn State CAPS from 2010-2016, Dr. DePalma has presented nationally on the Race Dialogues Program, Microaggressions and Racial Trauma. She aspires for more scaffolding of difficult dialogue, an increase in microaffirmations, inclusive practices and grace with each other as we move through an uncertain future.

Speaker Disclosure:

Financial: Dr. Natalie DePalma has an employment relationship with Penn State University. She receives a speaking honorarium from PESI, Inc. Dr. Natalie DePalma has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Natalie DePalma is a member of the Pennsylvania Psychological Association. She has no relevant non-financial relationships.

Sultan Aquil Nafis Magruder, PhD, is a licensed staff psychologist and DEI coordinator at Penn State Counseling and Psychological Services. He has more than 10 years of clinical experience in the college counseling setting. His areas of specialization and interest include culture/identity issues, eating disorders, group therapy, and clinical supervision. Dr. Magruder provides education and training for students, mental health professionals and first responders on topics related to mental health and culture.

Speaker Disclosure:

Financial: Dr. Sultan Magruder has an employment relationship with Penn State Counseling and Psychological Services. Dr. Magruder is a national continuing education instructor and receives a speaking honorarium. Dr. Magruder receives a speaking honorarium from PESI, Inc. Dr. Magruder has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Sultan Magruder has no relevant non-financial relationships.

John Robert Mitchell, PsyD, is a licensed clinical psychologist. He is retired from the Federal Bureau of Prisons after 23 years and is currently the Assessment Coordinator at Penn State Counseling and Psychological Services (CAPS). John is a member of the Diversity/Equity/Inclusion committee at Penn State CAPS and also serves as a member of the Trauma team, AOD team, and Training Committee. Areas of clinical interest include trauma, AOD, supervision, and neurodiversity. As a trainer/consultant John has a passion for hostage negotiations, nexuses of psychology and law enforcement, therapy, and multiculturalism.

Speaker Disclosure:

Financial: Dr. John Mitchell has employment relationships with Penn State and Northcentral Universities. He receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. John Mitchell is a member of the Therapeutic Assessment Institute. He has no relevant non-financial relationships.



Program Outline

Introduction of CCMH and Speakers (12:00-12:10)

Prevalence of Race-Based Discrimination and Definition of Terms (12:10-12:30)

Defining Stress, Trauma, and Race-Based Traumatic Stress (12:30-12:50)

Tools for Combatting Race-Based Trauma (12:50-1:20)

Treating Racial Trauma in a Clinical Setting (1:20-1:50)

Key Takeaway Points and Acknowledgements (1:50-2)

Objectives

1. Analyze the prevalence of racial discrimination in the US and impact on students in counseling services at university-based centers.
2. Evaluate race-based trauma and its associated symptoms.
3. Demonstrate two clinical interventions that can be utilized to address race-based trauma in the therapy setting.

Continuing Education Credits



Addiction Counselors: This activity consists of 1.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Counselors: This intermediate activity consists of 1.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 60 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: This activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

Psychologists: This live activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 1.0 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



Other Professions: This activity qualifies for 60 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Please visit <https://catalog.pesi.com/item/inhouse-racebased-traumatic-stress-healing-treatment-roadmap-helping-professionals-94838> for STATE SPECIFIC CE language.



PennState
Student Affairs

Center for Collegiate
Mental Health