



CDP Presents A Monthly Webinar Series
Healing Racial Trauma: Strategies for Children, Teens, and Their Families

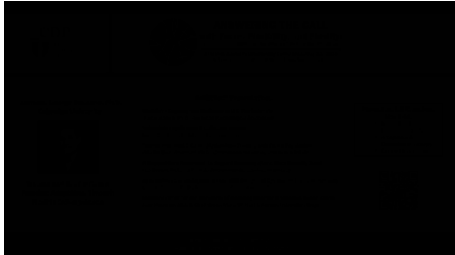
Presenter:



Christi Culpepper, Ph.D.



Jamila R. Ray, Ph.D.

Upcoming Training & Events


Before We Get Started in:
01:00:00


Q & A – You can submit a question via chat anytime during the presentation. Questions will be answered during or during the last 10 minutes of the program. While chatting, please select “All Panelists and Attendees” in chat so all can see your comments and questions!

Resources – You can find a PDF of the presentation and additional resources on your CE21 account page.

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Help – for assistance, please e-mail Micah Norgard at micah.norgard.ctr@usuhs.edu

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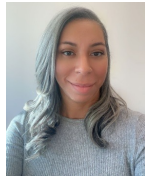


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To receive credit, you must attend the webinar all the way through the Q & A section at the end of the presentation.

Please do NOT leave the webinar!

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Disclaimer

The views expressed are those of the presenter and do not necessarily reflect the opinions of the Uniformed Services University of the Health Sciences, the Department of Defense, or the U.S. Government.



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Upcoming Training Events:

Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom	April 10th and 11th
Online Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) Training via Zoom	April 12th
CDP Presents: Self-Help Plus: A Cost-Effective, Scalable, Evidence-Based Stress Management Course via Zoom	May 2nd
Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom	May 3rd
Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom	May 3 rd and 4 th

Register now for these upcoming trainings:
www.deploymentpsych.org/trainings

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CDP Presents A Monthly Webinar Series

Healing Racial Trauma: Strategies for Children, Teens, and Their Families

Training on Assessment of PTSD and Suicide Risk Management in Veterans







May 3-4 July 19-20
10:00 AM – 6:30 PM Eastern time
FREE 14 Credits



Target Audience:
Licensed behavioral health providers who regularly treat U.S. Veterans (or who intend to treat U.S. Veterans) in the community can apply. This training is **NOT** intended for behavioral healthcare providers working in **VA** or **DoD** settings.


Register now for the training:
<https://deploymentpsych.org/TAPTSDSRMV>

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ANSWERING THE CALL
with Focus, Flexibility, and Fidelity:
Implementing EBPs in the Wake of Public Health Crises
 Evidence-Based Psychotherapy Conference, May 11, 2023
 Pre-Meeting Institute EBP Workshops, May 9-10, 2023

Keynote: George Bonanno, Ph.D.
 Columbia University



Trauma and the Resilience Paradox:
 Adaptation Through Flexible Self-regulation

\$20 registration




Pre-meeting EBP workshops include:

- Motivational Interviewing Skills
- Acceptance and Commitment Therapy
- CBT for Chronic Pain

Workforce Capacity and Wellbeing in U.S. Psychologists Karen Stamm, Ph.D., American Psychological Association
Vulnerable Populations & Collective Trauma Ingrid Cockhren, M.Ed., PACes Connection
Trauma-Informed & Culturally Sensitive Therapy with Ethnic Populations Priscilla Dass-Braillesford, Ph.D., Georgetown University School of Medicine
A Stepped Care Framework to Support Recovery after a Mass Casualty Event Lisa Brown, Ph.D., ABPP Palo Alto University, Stanford University
Approaches to Transdiagnostic Care with the Special Operations Forces Community Lauren Brenner, Ph.D., Massachusetts General Hospital
Modified CREST for the Treatment of Hoarding Disorder in Veterans During COVID Julie Holcomb, M.S. & Chad Vacco, M.A., Dept of Veterans Affairs

Register now for the conference:
www.deploymentpsych.org/EBPConference

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CDP Presents A Monthly Webinar Series

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Sorry We Missed You!


We have you covered!
Check out last month's series:

Integrated Treatment Approaches to Treat Comorbid PTSD and History of TBI

Really appreciate the closed captions, that enhanced my learning quite a bit!

Great trainings- always something to use right away.

Thank you for all of your hard work. The webinars are very informative!


 Watch Archived CDP Presents Webinars at
<https://deploymentpsych.org/archived-webinars>

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CDP's Official PODCAST

Practical For Your Practice

PRACTICAL FOR YOUR PRACTICE

SEASON 3 EPISODE 4

**PRACTICING BEING WITH SCARY THINGS:
HELPING CLIENTS GET BETTER AT BEING WITH THEIR DIFFICULT STUFF**

GUEST: DR. MIKE TWORIG

CDP
UNIFORMED SERVICES UNIVERSITY
DEPLOYMENTPSYCH.ORG/CDP-PODCASTS

PRACTICAL FOR YOUR PRACTICE

SEASON 3 EPISODE 5

ACTING ON ANGER, BUT IN A GOOD WAY


GUEST: DR. JOHN DOMARUE

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Listen on   

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Enhancing Your Experience




Best Different Mindset



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Presenters:



Christi Culpepper, Ph.D.
Clinical Psychologist
Kennedy Krieger Institute,
Child and Family Therapy Clinic



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Staff Psychologist
Kennedy Krieger Institute,
Child and Family Therapy Clinic

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Disclosures

All faculty, course directors, planning committee, content reviewers and others involved in content development are required to disclose any financial relationships with commercial interests. Any potential conflicts were resolved during the content review, prior to the beginning of the activity.

Drs. Culpepper and Ray have no financial interests to disclose.

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Healing racial trauma: Strategies for children, teens, and families

Presented by Christi Culpepper, Ph.D. & Jamila R. Ray, Ph.D.
Kennedy Krieger Institute

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Objectives

- Define racism and racial trauma and understand its impact on overall health
- Distinguish key signs of racial trauma in youth and share tools for assessing racial trauma
- Describe strategies to alleviate the impact of racial trauma in youth and their families
- Provide resources about racism for children and families

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Sensitive content



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What is racism?

- Racism: Beliefs, attitudes, behaviors, and institutional and systemic approaches that degrade, belittle, and devalue groups based on the color of their skin or ethno-racial background
 - Racial macroaggressions
 - Overt forms of racism (racial slur, physically assaulted)
 - Racial microaggressions
 - Subtle intentional or unintentional slights that denigrate or degrade individuals of color

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Some historical context...

- Racism is **pervasive** throughout the historical & collective experiences of African Americans:
 - Colonization and slavery
 - Jim Crow Laws
 - Segregation
 - Racialized violence (police brutality)
- Racism is common among African American populations
 - Youth are not immune to racism

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Summary of mental health consequences

Perceived racial discrimination has been linked to:

- Stress (Clarke et al., 1999)
- PTSD symptoms (Carter, 2007; Pieterse et al., 2012)
- Serious psychological distress (Chae et al., 2011; Chao, Mallinckrodt, & Wei, 2012)
- Depression (Banks & Kohn-Wood, 2007; Torres et al., 2010)
- Binge eating (Blue et al., 2012)
- Binge drinking (Harrington et al., 2010)

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What have been your experience
with racism?

Audience Question #1

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Impact of racism on children

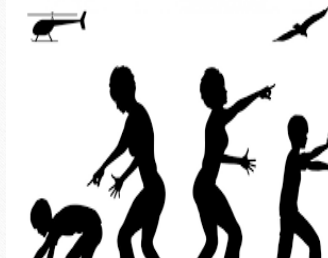
- **Physical effects:** Increased hypertension, illness, body mass index, and risky behaviors (substance abuse)
- **Emotional effects:** Depression, anxiety, anger, irritability, and aggression
- **Psychosocial effects:** Academic underachievement and disengagement, low self-esteem, family functioning



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Impact of racism on parents/caregivers

- Being overly alert (hypervigilant)
- “Helicopter parenting”
- Difficulty regulating emotions
- Mistrusting others
- Minimizing racism
- Self-blame
- Unbalanced racial and ethnic socialization (RES)



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What have been some of the emotions
your child clients are expressing related
to recent racial (violent) events?

Audience Question #2

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Racial Trauma



- Racial Trauma: A term used to describe the psychological and physical symptoms that people of color often experience after being exposed to stressful experiences of racism (Carter, 2007)
 - When people of color experience racism more frequently, their symptoms tend to intensify (Bryant-Davis & Ocampo, 2005)

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Effects may be cumulative (Carter, 2007)

- For most traumatic experiences, people show signs of re-experiencing the event(s). In the case of race-based traumatic stress, the encounters may be clustered, and a “last straw” event may serve as the trigger for the trauma
- Many minorities report that their stress is not because of one event, but a **series of emotional wounds and blows**

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Effects of racial trauma on communities of color (Smith, 2010; Akabar, 2017)

- Increased vigilance and suspicion
- Increased sensitivity to threat
- Increased psychological and physiological symptoms
- Increased alcohol and drug usage
- Increased aggression
- Narrowing sense of time
- Decreased participation in health-promoting behaviors and other values-drive activities

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“Humans have life-threatening stressors that activate a physiological stress response, like seeing a tiger in the bushes; the problem is that people who experience discrimination are **endlessly seeing tigers.**”



Dr. Arline Geronimus

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How prepared are therapists to assess and treat racial trauma? (Hemmings & Evans, 2018)



- 70.8% reported that they had worked with clients who had experiences with race-based trauma
- 66.9% had not received training to **identify** race-based trauma
- 81.1% had not received training to **treat** race-based trauma



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Assessing racial trauma

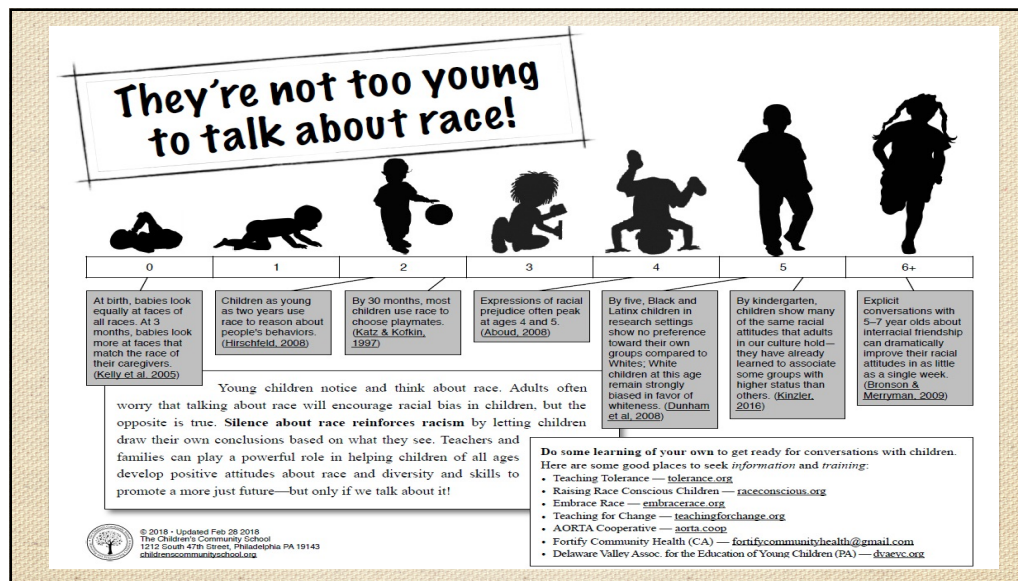
- University of Connecticut Racial/Ethnic Stress & Trauma Survey (unRESTS; Williams et al., 2018)
- Race-Based Traumatic Stress Symptom Scale (RBTSSS; Carter et al., 2013)
- Trauma Symptoms of Discrimination Scale (TSDS; Williams, Printzel & DeLapp, 2018)
- General Ethnic Discrimination Scale (GEDS; Landrine et al., 2006)
- Experience of Discrimination Scale (EOD; Krieger et al., 2005)
- Racial Microaggressions Scale – Modified (RMAS; Torres-Harding & Turner, 2015)

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What ideas or concerns do you have
about talking with children about race
and racism?

Audience Question #3

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Racial Ethnic Socialization (RES)

- Process through which children learn about race (Peters & Masey, 1987; Tatum, 1987)
 - Reduces effects of racial stress and improves coping
 - Shapes racial identity and promotes resilience
- Instilling racial pride and preparing for racial bias
 - Better psychological, physiological, and academic outcomes (Stevenson & Arrington, 2009)
- Engaging, Managing, and Bonding through Race (EMBRace; Anderson et al., 2018)
- Integrating RES into TF-CBT (Metzger et al., 2021)

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Why you shouldn't avoid the conversation

(APA, 2018)

Avoiding conversations about race/ethnicity:

- Children more likely to incorrectly judge others
- Children have little to no connection to their heritage
- Children are more vulnerable to developing a negative self-concept
- Children may not know how to respond to racially-charged experiences



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Talking with children about race and racism

(Hughes et al., 2020)

- Prepare yourself before you talk to children
- Limit exposure to graphic media coverage and social media
- Tell your children about racism and correct misinformation
- Talk about race in age appropriate ways



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Talking with children about race and racism

- Listen carefully to children and validate their experiences and feelings
- Focus on hope, positivity, and taking an active role in making the world a more equitable place
- Seek professional support, if needed
- Be a good role model



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What are you doing to help your child clients and families cope with racism and racial trauma?

Audience Question #4

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Healing from racial trauma

(Bryant-Davis & Ocampo, 2005; Harrel, 2014; Helms, Nicolas & Green, 2010; Hardy, 2013)

- Acknowledge and validate
 - Help child to identify feelings associated with the racism they experienced
- Create a space for race and racial storytelling
 - Process and role-play techniques that teach children how to behave in hypothetical situations
- Process strong emotions
 - Practice relaxation skills that will help caregiver and child manage physiological reactions to the trauma experience
 - Assist child in challenging unhelpful negative thoughts and feelings related to their experience
- Develop strategies for coping and facilitate empowerment
 - Re-channel rage by engaging in activism or other self-care strategies

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Breathe, Feel, Share



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Raising anti-racist children

- Begin discussing race and racial differences at an early age
- Acknowledge that white privilege, bias, and racism exists
- Make sure they have positive experiences and exposure to diverse groups of children
- Help them think critically about how to recognize racism/bias/stereotypes



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Raising anti-racist children

- Discuss how to respond if they observe racism/discrimination
- Approach (don't avoid the tough conversations)
- **Make it a mission – not a moment**



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Summary

- Understand that racism is psychologically *harmful*
- *Acknowledge* the mental health consequences of racism in all of its forms
- *Assess* racial trauma in people of color
- Implement *interventions* to help those suffering
- Keep *learning* and do your own anti-racism work

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Resources for children and families

- **Racial Stress and Self-Care: Parent Tip Tool:** <https://www.apa.org/res/parent-resources/racial-stress-tool-kit.pdf>
- **The Four Bodies: A Holistic Toolkit for Coping with Racial Trauma:** <http://medium.com>
- **Family Care, Community Care and Self-Care Tool Kit Emotional Emancipation Circles**
<https://www.communityhealingnet.org/resources/>
- **Racial Trauma Toolkit: Institute for the Study and Promotion of Race and Culture -**
<https://www.bc.edu/content/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html>
- **Black Emotional and Mental Health Collective** <https://www.beam.community/>

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Resources about race and anti-racism

- **Racism and Violence: How to Help Kids Handle the News:** From the Child Mind Institute, this guide steps those who interact with children through how to validate feelings, talk about race and racism, work through tough questions, and more.
- **Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers:** The NASP resource provides tips for parents and caregivers on countering COVID-related racism.
- **Elmo's Dad Louie Explains Racism and the Power of Protest:** NBC's Today Show shares and discusses the Sesame Street clip where Elmo discusses protests and racism with his father, Louie.
- **Teaching Tolerance** is an organization whose mission is "to help teachers and schools educate children and youth to be active participants in a diverse democracy." Their website features resources to support teaching about Black Lives Matters, Race, Racism, Police Violence, and much more.
- **Creating the Space to Talk About Race in Your School:** The National Education Association's EdJustice developed a guide with tools and resources to discuss race and equity in schools.
- **EmbraceRace.** Provide tools and resources to facilitate discussions about race and racial justice with children.

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Resources continued

- From the Center for Racial Justice in Education: **Resources for Talking About Race, Racism and Racialized Violence With Kids.**
- From We Need Diverse Books: **Resources for Race, Equity, Anti-Racism and Inclusion** list of organizations and curated reading lists on diversity, race, and anti-racism, inclusion, and equity.
- **From the Anti-Defamation League: Teaching About Racism, Violence, and the Criminal Justice System**
- **Talking to Kids About Racism and Justice: A List for Parents, Caregiver, & Educators:** The Oakland Library developed a curated list of books, articles, videos, websites, and more, broken down by age range to assist adults in discussions of racism and justice with children.
- <https://socialjusticebooks.org/booklists/>

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Healing Racial Trauma Group

8-week skills-based and process group for
high school students and their caregivers
whom identify as a person of color
(POC).



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Questions? Reflections?



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Thank you!

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Next Steps



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