

## **Racialized Trauma, Resilience, & Healing**

Name of the Facilitator: Resmaa Menakem

Qualifications: Founder/President Justice Leadership Solutions

Provider Name: Family Scholar House

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Program Name: Racialized Trauma, Resilience, & Healing

Credit Hours: 6

### **Program Description**

Cultural Somatics training supports communities, individuals and organizations find strength and healing that is holistic and resilient to set a course for healing historical and racialized trauma carried in the body. This somatics-body approach is based on historical and perpetual myth that Black bodies, Native bodies, other bodies of color are inherently deviant to the dominant “white body supremacy structure.” This translates to “white-body supremacy trauma” that all, including white identified individuals, communities and systems – integrate into their bodies and structures. These efforts directly address the many dimensions associated with how the body carries racialized trauma

### **Objectives of Program**

Participants will be able to: 1. Explain somatics-body approach. 2. Identify the stress signs and symptoms of trauma. 3. Recognize the basics of the HIPPA theory of racialized trauma. 4. Define the basics of at least one resourcing technique and practice the technique.

### **Additional Tags:**

- Trauma

### **Grade Level:**

- High (9 - 12), Intermediate (3 - 5), Middle (6 - 8), Pre-School (Pre - K), Primary (K - 2)

### **Audience:**

- Classified, Counselor/School Psychologist, District Personnel, Other Professional, Parent/Guardian, Principal, Teacher

### **Discipline:**

### **Personnel Evaluation Measures:**

### **Aligned to Kentucky Professional Learning Standards:**

- Data, Implementation, Leadership, Learning Communities, Learning Designs, Outcomes, Resources

### **Session Type: Single Session**

### **Digital:**

Date: 07/21/2020

Digital Link: <https://familyscholarhouse.ejoinme.org/Training>

**Registration Deadline:**

07/09/2020

**Link or directions to register:**

<https://familyscholarhouse.ejoinme.org/Training>

**Arrangements Required: No**

**Services provided(Follow-up, support, etc.): No**

**Possible costs(Participation, materials, etc.): Yes**

\$30/person or for organizations with 4 or more registered \$25/person. Link for session will be sent closer to date of training.

**EILA Program:**

**EILA Status:**