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### **Racial/Race-Based Trauma: Road to Healing**

The intensified global conversation around race and ethnicity highlights the urgent need for a deeper understanding of its impacts. This presentation is essential for anyone serving or working with BIPOC (Black, Indigenous, People of Color) communities, including direct care practitioners and educators, who are confronting race-based trauma, whether through personal experience or a desire to better support those affected. You will be equipped to confidently define and identify race-based trauma, differentiate it from other trauma types, and apply proven strategies for intervention within your communities, workplace, and schools.

We will also explore the nuances of "complex trauma" and its myriad symptoms. This session will provide actionable steps to enhance your cultural competency, begin vital healing processes, and seamlessly integrate anti-racist language into both your personal and professional spheres. Participants will gain proactive methods to challenge their own biases and stereotypes, ensuring they can avoid unintentionally re-traumatizing the diverse populations they bravely engage with.

At the conclusion of the training, participants will have attained the following learning objectives:

1. Define & identify race-based trauma.
2. Distinguish race-based trauma from other complex traumas.
3. Effectively utilize various tools to treat race-based trauma.
4. Learn action steps for addressing racial topics with populations served.
5. Apply action steps for cultural competency, biases, and stereotypes, with the addition of antiracist language within an individual's life.