

# Race-Based Traumatic Stress: Broadening Your Toolkit to Support Diverse Clients

June 20, 2025

9 am – 12:15 pm

Live Webinar

## Program Overview

In this engaging session, we will explore the complex world of race-based traumatic stress and its profound impact on clients of color. The session begins with a review of the conceptual model, where we will examine the theoretical framework behind racial trauma and how historical trauma continues to shape present-day experiences. We will then explore common responses to trauma, uncovering typical reactions and coping mechanisms, while also discussing resilience and healing strategies. The session will also cover key risk and protective factors, identifying elements that influence racial trauma and providing insights on how to mitigate risks and enhance protective factors. Clinicians will gain valuable cultural competence by enhancing their ability to provide sensitive care and developing practical skills for culturally competent therapy. Throughout the session, participants will engage in interactive learning, including self-reflection exercises, group activities, and discussions, while also accessing audio/visual resources for a comprehensive and enriching experience.



Register online at [northwestahec.org](https://northwestahec.org)

## Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, clinicians and all others interested in this topic.

## Objectives

Upon completion of this program, participants will be able to:

- Explain at least one reason race-based traumatic stress is relevant in clinical practice.
- Identify at least one assessment tool related to race-based traumatic stress to use with clients.
- Examine case studies and apply information learned about racial trauma.

As part of our commitment to creating a space where all BELONG, Northwest AHEC provides education and encouragement for respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability, and age.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



**Wake Forest University**  
School of Medicine

**NORTHWEST AHEC**  
PART OF NC AHEC

## Faculty

**Alicia Freeman, LCMHC, LCAS-A**, is the Mental Health First Aid Program Manager with Behavioral Health Springboard at the UNC-CH School of Social Work. Ms. Freeman is the owner of Ascend Counseling, PLLC, where she provides counseling, coaching, and consultation services. She is a Licensed Clinical Mental Health Counselor and Licensed Clinical Addictions Specialist – Associate. Ms. Freeman’s current research focus includes Racial Trauma and Resilience. She also participates in various committees and coalitions dedicated to Mental Health, Substance Prevention, Suicide Prevention, and Health Equity. This presenter is being supported through a partnership between UNC-CH, School of Social Work and the NCAHEC Program.

## Cost and Registration

There is no fee associated with this program.

Registration fee includes instructional and administrative costs, certificate of completion, program materials and meals.

Refund Policy— Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

## Credit

- 3.0 Contact Hours from Northwest AHEC  
NC Licensed Clinical Social Workers may use contact hours from Northwest AHEC for license renewal.
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 3.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- 3.0 NBCC Contact Hours. Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465.  
Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.
- The North Carolina Addictions Specialist Professional Practice Board has approved this workshop for 3.0 General Skills Building hours, Approval #25-020-G.



Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

Registering for and attending this program authorizes Northwest AHEC/Wake Forest University School of Medicine to take pictures to be used for the Center’s publications, website (including social media sites) and presentations.

## For More Information and Assistance

If you have any questions regarding registration, please contact Samantha Garvens by email, [sagarvens@wakehealth.edu](mailto:sagarvens@wakehealth.edu) or by phone at 336-713-7754. Any requests for special services or auxiliary aids should be made to Samantha Garvens at least five days prior to the activity.

Note – If you have not received confirmation of your registration 24 hours before the program date, please call Samantha Garvens at 336-713-7754 or email [sagarvens@wakehealth.edu](mailto:sagarvens@wakehealth.edu) to verify the status of your registration.