

# **RACE BASED STRESS AND TRAUMA: WHAT THE DSM-5 DOES NOT TELL YOU**

***Presenter: Marva M. Robinson, Psy.D.***

**Friday, August 21st, 2020 ♦ 3:00 p.m. – 5:00 p.m.  
Zoom Webinar**

**More videos of unarmed black men and women dying in heinous ways have surfaced as a reminder of our longstanding history of oppression. Their deaths are serving as catalyst for having difficult conversations. Do you want to be a part of positive change, but are not sure where to start? In this two-hour presentation, participants will learn what Race Based Stress and Trauma is, and how it impacts the daily lives of African Americans. Being able to recognize the impact of this stressor on adults and children is imperative.**

*Level of Curriculum Content: Intermediate*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTER

**Marva Robinson, Psy.D.** is a licensed clinical psychologist practicing in St. Louis, Missouri. She completed her master's and doctoral studies in clinical psychology at Nova Southeastern University, where she graduated with a specialization in forensics and a focus in child, adolescent and family psychology. Dr. Robinson works as a Primary Care Mental Health Integration (PCMHI) Psychologist at the North County CBOC, within the St. Louis VA. She started her private practice Preston & Associates Psychology Firm, LLC in 2014 to reach families where they were during the Ferguson protests. Through her private practice, she continues to offer workshops, clinical consultation, and lectures which focus on community trauma. She currently serves as the Midwestern Regional Representative for The Association of Black Psychologists. She also works with several local not-for-profit organizations addressing community trauma.

## PROGRAM OBJECTIVES

Participants will be able to:

- Define race based stress and trauma
- Explain physiological responses to racism and discrimination
- List behavioral responses to race based stress and trauma
- Describe the connections of protest and civil unrest to race based stress and trauma
- List interventions to minimize the impact of race based stress and trauma
- Create safe spaces for children by use of the tool "What in the World Wednesdays"
- Create safe spaces for colleagues, and clients by learning techniques to elicit difficult conversations.

## PROGRAM AGENDA

3:00pm – 3:20pm	Definitions of Race Based Stress and Trauma
3:20pm – 3:40pm	Physiological responses to racism and discrimination
3:40pm – 4:00pm	Behavioral responses to race based stress and trauma
4:00pm – 4:20pm	Connections between protest and civil unrest and race based stress and trauma
4:20pm – 4:40pm	Interventions for race based stress and trauma
4:40pm – 5:00pm	Creating safe spaces for children, colleagues, and clients

**For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/21.

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/21.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), [www.ncate.org](http://www.ncate.org). This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.