



Assessing and Treating Race-Based Traumatic Invalidation

Webinar | August 19, 2024 | 9-10:30am PT/12-1:30pm ET
Melanie Harned, PhD, ABPP, and Natalia Garcia, PhD

Description

Traumatic invalidation is defined as extreme or repetitive invalidation of a person's significant experiences, characteristics, and reactions (Linehan, 2015). This webinar will provide a deeper dive into a specific form of traumatic invalidation that is based on race. Race-based traumatic invalidation can take many forms and may involve direct exposure (e.g., personally experiencing racial discrimination), vicarious exposure (e.g., seeing videos of police killings of Black people), and cumulative exposure (e.g., repeated microaggressions). Although some race-based traumatic events meet Criterion A for PTSD (e.g., racially motivated physical assaults), most race-based traumatic experiences do not (e.g., verbal harassment and discrimination) but can nonetheless lead to clinically significant and impairing PTSD symptoms. This webinar will define race-based traumatic invalidation and discuss how to effectively assess and treat this form of traumatic invalidation within the framework of DBT PE. Various case examples will be provided to illustrate how to work with clients who have experienced race-based traumatic invalidation, with consideration for how to help clients cope with an ongoing invalidating environment in which racism is likely to persist. Finally, we will discuss the importance of practicing cultural humility when working with clients who have experienced race-based traumatic invalidation, including attending to the unique location perspectives of the therapist and client.

Learning Objectives

As a result of this training, participants will be able to:

1. Define the concept of race-based traumatic invalidation.
2. Apply strategies for assessing and treating race-based traumatic invalidation.
3. Increase cultural humility and awareness of their location perspective.

Who Should Attend

This introductory webinar is intended for mental health professionals and trainees with an interest in trauma treatment.

Location

The webinar will be held via Zoom video conferencing platform and will be recorded. Instructions for logging in will be sent via email prior to the webinar.

Instructors

Melanie Harned, PhD, ABPP is a Psychologist and Coordinator of the DBT Program at the VA Puget Sound Health Care System as well as an Associate Professor in the Department of Psychiatry and Behavioral Sciences and Adjunct Associate Professor in the Department of Psychology at the University of Washington. Dr. Harned has previously worked as the Research Director of Dr. Marsha Linehan's Behavioral Research and Therapy Clinics at the University of Washington (2006-2018), Director of Research and Development for Behavioral Tech, LLC (2014-2017), and Director of Behavioral Tech Research, Inc. (2013-2016). Dr. Harned's research focuses on the development and evaluation of the DBT Prolonged Exposure protocol for PTSD as well as methods of disseminating and implementing this and other evidence-based treatments into clinical practice. She regularly provides training and consultation nationally and internationally in DBT and DBT PE and has published extensively on these treatments. She is a certified DBT therapist, a certified PE therapist and consultant, is board certified in Behavioral and Cognitive therapy, and is licensed as a psychologist in the state of Washington.

Natalia Garcia, PhD, is a Psychologist and clinical supervisor in the DBT Program at the VA Puget Sound Health Care System as well as an Acting Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. Dr. Garcia received her DBT training in Dr. Marsha Linehan's Behavioral Research and Therapy Clinics at the University of Washington (2015-2017) and has worked extensively with Dr. Melanie Harned at VA Puget Sound (2019-current) as a member of her DBT consultation team, in addition to collaborating on research projects, invited presentations, and serving as a national consultant for the DBT roll-out across VA. In addition to her extensive training and clinical experience with DBT and DBT PE, Dr. Garcia's primary clinical training and research focus is broadly focused on trauma recovery and PTSD. She has specific interest and expertise in race-based trauma and providing culturally-responsive mental health care, with published research and invited presentations on these topics. She is licensed as a psychologist in the state of Washington.

Cost

Webinar Registration Fee (required):

- **Early Bird Discount:** for registrations paid by June 15, 2024 – **\$45 per person**
- **Standard Price:** for registrations paid by August 18, 2024 – **\$55 per person**

This fee covers the cost of the webinar, electronic copies of the materials, and 2 months of access to the webinar recording. The fee is the same for those who attend the live event and those who only intend to access the webinar recording.

Continuing Education Credits (optional for those who attend the live webinar):

- **Continuing Education Credits - \$10 per person**

This fee covers the cost of 1.5 Continuing Education credits that will be offered by Antioch University Seattle. CE credits must be registered and paid for separately via Antioch University's website (see details below). **CE credits are only available if you attend the live webinar.** No CEs are available for viewing the webinar recording.

Registration and Payment

Webinar Registration:

Registration and payment for the webinar can be completed via Eventbrite at: <https://www.eventbrite.com/e/assessing-and-treating-race-based-traumatic-invalidation-tickets-879136509967>

Webinar fees are non-refundable.

Continuing Education Credits Registration:

Registration and payment for Continuing Education credits can be completed via Antioch University here: <https://ce.antioch.edu/2u6>

CE fees are fully refundable up to 7 days before the event. Cancellations received between 6 and 3 days before the event are entitled to a 50% refund. Cancellations 2 or less days before the event will not be eligible for a refund.

Continuing Education Information

Continuing Education (CE) credits are being offered for this webinar by Antioch University Seattle as described below. **CE credits are only available to people who attend the live event.**

Washington State – 1.5 CE credits will be available to licensed marriage and family therapists, licensed mental health counselors, licensed social workers, and psychologists within Washington State. Late arrivals or early departures will NOT receive CE credit.

Workshops offered by Antioch University Seattle are recognized as continuing education activities under the rules adopted by the Washington State Examining Board of Psychology (WAC 246-924-240) and the Licensed Counselors Advisory Committee (WAC 246-809-620).

Outside of Washington State - CE credit policy can vary from state to state. Participants licensed outside of Washington state should check with their state licensing board and/or professional affiliation boards to determine if this workshop qualifies for CE credit.

All participants are expected to attend the full course in order to receive credit. Participants are required to sign in online at the beginning and conclusion of the course and participate fully in the course, Q&A and any assessments given by the presenters.

Questions about the CE credits for this event can be directed to Ingrid Ingerson, Director of Continuing Education, Antioch University at iingerson@antioch.edu.