

## Curriculum Revision through an Anti-Racist Lens

**PRESENTER:** Meredith Reese, LPC

### WHO WE ARE:

The Traumatic Stress Institute fosters the transformation of organizations and service systems to trauma-informed care (TIC) through the delivery of whole-system consultation, professional training, coaching, and research. Our model is currently used at 86 agencies in the US, Canada and Jamaica.

### PROJECT GOAL:

Revise Risking Connection® curriculum to include more focus on anti-racism, social justice, multi-generational trauma, and inclusion for staff of color.

### PROCESS:

- Established an Advisory Council, inviting a diverse representation of trainers bring their professional and lived experiences
- From the beginning Advisory Council had control of the process, including discovering themes for the changes, choosing the methods used, and creating the final materials- their voices were heard when the page was still blank
- Revised each section of curriculum in small groups
- Tested revisions with other trainer populations and in webinars
- Discussed the connection between racism and trauma
- Explored tensions, fears, and anxieties

### RESULTS:

Supplement to training curriculum containing talking points, exercises and examples to use within the RC training.



*I wanna be in the room where it happens ...*



*- Hamilton*

**Full inclusion of people of color in an anti-racism and social justice revision of systemic trauma training produced ideas and tools to improve both training and practice.**



**SCAN QR CODE FOR MORE INFO**

## NEXT STEPS:

- Trial and Feedback
- Integrate Supplement into Curriculum
- Research and Efficacy

### PARTICIPANTS:

**Mary Jo Harwood**, Klingberg, PA  
**Pat Wilcox**, Klingberg, CT  
**Juwana Hall**, formerly of Klingberg, OH  
**John Engel**, Klingberg, MA  
**Steve Brown**, Klingberg, MA  
**Meredith Reese**, Vista Maria, MI  
**Aminah Ali**, Klingberg, CT  
**Alesia Starks** (Independent) CA  
**Angie Doi** (Independent) HI  
**Darren Pight**, Klingberg, CT  
**Alisha McClean**, Yukon, Canada  
**Tony Weaver**, formerly of Saint Anne's Family Services, CA

### TEAM-BUILDING QUESTIONS:

- At what point, age, or stage of life did you begin to think of yourself racially?
- Out of all the race-related stories that have been in the news during the past year, which one has had the greatest emotional impact on you? Please explain.
- What are your reactions to the Juneteenth Holiday?
- Please identify a "race-related" conflict, tension, or misunderstanding that remains unresolved in your life today.
- How have recent efforts to restrict voting rights impacted you?

### AREAS OF LEARNING:

- Trainer introductions
- Group agreements
- Adverse Childhood Experiences (ACEs)
- The adaptive function of symptoms
- Attachment
- Brain and body
- Self-worth
- Frame and boundaries
- Crisis management
- Our reactions to clients
- Vicarious Trauma (VT) and self-care