

**The CARES Institute's
Experts in Child Abuse and Neglect Lecture Series:
Finding Their Outside Voice: How Racial Literacy Buffers Children's
Racial Stress and Trauma
By Howard C. Stevenson, PhD
March 19, 2024
9:30 AM – 12:10 PM**

Intended audiences: This presentation is intended for child protection workers, law enforcement personnel, attorneys, physicians, nurses, mental health professionals (including psychiatrists, psychologists, social workers of all levels, and licensed counselors), and all other disciplines not listed.

In-Person and Live Online Interactive Presentation

To Register, visit: <https://lp.constantcontactpages.com/ev/reg/hh8ynf9>

Presentation Description:

Navigating the stress and trauma of racial conflict or conversation is not easy. National tensions regarding race and diversity have left many educational and healthcare professionals overwhelmed as to how to resolve racially stressful conflicts in their work. Less understood is how mismanaging conflictual or stressful encounters of difference may undermine child and youth agency, belonging, and learning. Research on the negative impact of racial microaggressions on the emotional well-being of ethnic minority youth is significant as are the benefits of racial socialization and literacy interventions (Stevenson, 2014). This keynote will focus on teaching professionals to engage instead of avoiding stressful racial conflicts in client and collegial relationships.

Participants will be exposed to racial literacy mindfulness research knowledge and strategies to notice and process reactions to stressful racial and other diversity encounters that may interfere with helping relationships.

Learning Objectives: Participants will be able to:

- examine research evidence regarding independent school racial climates
- interpret how racial stress/trauma impair well-being, learning, and teaching
- identify thoughts, body reactions, and feelings during racial encounter decision-making
- integrate mindfulness to increase awareness and regulation of stressful racial interactions via storytelling
- demonstrate to use approach- rather than avoidant-coping behaviors during racial interactions

Howard Stevenson, PhD is a nationally sought expert on how to resolve racial stress and trauma that affect health at every stage of life. His work prepares children and adults to assert themselves during face-to-face microaggressions that undermine academic and work productivity. Key to this racial healing work is integrating cultural strengths to reduce in-the-moment threat reactions, increase access to memory, physical mobility, and voice, and prevent long-term health detriment. Dr. Stevenson has served for 32 years as a clinical psychologist working in under-resourced rural and urban neighborhoods across the country. His book, *Promoting Racial Literacy in Schools: Differences That Make a Difference*, summarizes this work. Link to expanded bio [here](#).

Agenda

9:30 AM	Research regarding independent school racial climates
10:00 AM	How racial stress/trauma impair well-being, learning, and teaching
10:30 AM	Break
10:40 AM	Identify behavior and emotions during racial encounter decision-making
11:20 AM	How to approach racial interactions
11:40 AM	Q & A
12:10 PM	End of Presentation

Requesting Assistance: If you require assistance with hearing, or vision to make this conference accessible to you, please contact the office at (856) 566-6744 three (3) weeks prior to the conference.

Accreditation: Please contact the CARES Institute at (856) 566-6744 or carestraining@rowan.edu for information about continuing education credits.

* To receive CE credit for this training, you must have attended the **entire** conference and complete the evaluation. Upon completion of the evaluation form, you will receive an attendance certificate including CE information. Please note it may take up to 3 weeks to receive the certificate via email.

Psychologists: Rowan University CARES Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Rowan University CARES Institute maintains responsibility for this program and its content.

Social Workers: An application has been submitted to the Association of Social Work Boards ACE Program.

Attorneys: An application has been submitted to the Board on Continuing Legal Education of the Supreme Court of New Jersey.

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