

Healing Racial Wounds with Black Adult Women and Children: Decolonizing Cognitive Processing Therapy (CPT) in Clinical Practice

Speakers: Adrianna Taylor, LCSW, BCD Rebecca Farley, LMSW

Description:

This workshop will provide clinicians a guide on effectively implementing a uniquely adapted practice of Cognitive Processing Therapy (CPT) with adult Black women in a mother-daughter dyad. This practice model is designed to specifically address intergenerational and racialized trauma and its impact on the relationship between parent and child.

The purpose of this workshop will allow clinicians to include new adaptations, modifications, and clinical assessment tools in this therapeutic application which will aid in the healing process demonstrated through this evidence-based practice. Highlighting the unique narratives of Black mothers and daughters, clinicians will be able to utilize this therapeutic practice to address therapeutic barriers and highlight familial strengths in the healing of racial and ancestral wounds. Workshop participants will be able to experience a comprehensive overview and understanding of CPT as a manualized psychotherapy protocol and expand on specific themes of Safety, Trust, Power/Control, Esteem, and Intimacy.

Learning Objectives:

- Demonstrate extensive knowledge on racialized and generational trauma's impact on Black women and their daughters.
- Utilize clinical trauma assessment tools focused on racialized and generational trauma as part of overall narrative construction.
- Employ culturally-responsive CPT techniques/interventions in clinical practice.
- Decolonize clinically traditional definitions of trauma by centering individual and family narratives of racial wounds—both past and ongoing.
- Implement psychoeducation around white supremacy, patriarchy, and capitalism throughout clinical application of CPT.

Duration 1:00