

Title – Racial Microaggressions (RMAS): Identifying, Addressing, and Treating Race-Related Trauma from a Christian Perspective

Program of Study – Professional Counseling

Presentation Type – Choose one of the following: Print Poster

Mentor(s) and Mentor Email - Dr. Nivischi Edwards – nedwards10@liberty.edu

Student name(s) and email(s) – Kimberly Harris – kharris146@liberty.edu; Tamatha Borkcom-
tborkcom@liberty.edu

Category – Choose one of the following: Theoretical

Abstract example: Racial microaggressions (RMAS) are common, everyday race-related slights, invalidations, and insults which marginalize People of Color and are associated with anxiety, depression (Smith, Hung & Franklin, 2011; Soto, Dawson-Andoh, & BeLue, 2011; Walker, Salami, Carter & Flowers, 2014), hypervigilance, arousal, avoidance (Torres & Taknint, 2015; Robinson-Wood, Balogun-Mwangi, Boadi, Fernandes, Matsumoto, Popat-Jain & Zhang, 2015), suicidal ideation (Walker et. al., 2014), increased traumatic-stress symptoms (Torres & Taknint, 2015; Wong-Padoongpatt, Zane, Okazaki & Saw, 2017) and especially, racial battle fatigue (Nadal, Griffen, Wong, Hamit & Rasmus, 2014; Smith, et. al., 2011; Soto, et. al., 2011); however, few counselors have the appropriate training to identify, address and treat clients of color presenting with race-related trauma (Hemmings & Evan, 2017; Hook, Farrell, Davis, DeBlaere, Tongeren, & Utsey, 2016; Malott, Paone, Schaeffle & Gao, 2015). In light of the growth in minority populations in the United States and the current sociopolitical climate, it is imperative that counselors are prepared to treat the symptoms that People of Color may present when entering counseling (Williams & Medlock, 2017). This presentation will focus on the suggested methods and trainings outlining how to identify, address and treat race-related trauma in counseling based on an examination of the current literature. Clinical implications and limitations will also be addressed.