

**The Minnesota Psychological Association cosponsors Friday Forums  
with Metropolitan State University Psychology Department**

# **FIRST FRIDAY FORUM**

**Friday, February 1, 2019**

**Trauma Informed Must be Race Informed: Culturally Affirming Mental Health Practices  
to Partner with Clients, Families, and Communities**

Rudy Rousseau, LP, MEQ, LP; Mary Her, M.A., LICSW; Cristina Combs, M.A., LICSW;  
Evette Farley, M.A., LPCC; Chanee Rudolph, Ph.D.

**Registration:** 8:30 – 9:00 a.m.

*This session is at the introductory level  
and is designed for psychologists and other  
mental health professionals.*

**Location:**

Metropolitan State University – St. Paul Campus Auditorium  
700 East Seventh St., St. Paul, MN 55106

**Program:** 9:00 a.m. – 12:00 p.m.

## **About the Program:**

*This program qualifies for 3.0 continuing education credits.*

This three hour workshop is for human service providers ready to explore the connections between trauma-informed principles, racial trauma, and cultural resilience. The three-hour workshop is designed to cultivate responses to complex questions, including: how do we, as therapists and case managers, develop practices of continuous self-reflection and self-examination, related to our work within and across cultural difference? How can we come alongside our peers and support them in staying connected with “non-compliant” clients? How can we partner differently with clients’ families, so they can support their child within systems of care, even when their own experiences in those systems carry trauma memories?

Through a combination of lecture, video clips, group discussions and partner exercises, participants will be guided how to apply culturally relevant approaches with clients, parents, and other professionals in their mental health practice. This workshop concludes with discussion of barriers and opportunities for implementing culturally-affirming practices in clinical practice settings.

**Participants will be able to:**

1. Describe the layers of complexity in helping children of color with racial, generational trauma histories confidently engage in mental health services.
2. Identify and develop counter-narratives that promote and honor cultural resilience.
3. Explain knowledge of strategies to engage students and parents using a culturally-affirming lens.

## **About the Presenters:**

**Rudy Rousseau, MEQ, LP**, graduated from the University of Minnesota, Child Development and School Psychology and is a Clinical Manager at Amherst H. Wilder Foundation

**Mary Her, M.A., LICSW**, received a Master of Social Work from the University of Minnesota and is a Clinical Therapist at Amherst H. Wilder Foundation

**Cristina Combs, M.A., LICSW**, received a Master of Social Work from the University of Minnesota – Twin Cities, and is a Senior Clinical Supervisor at Amherst H. Wilder Foundation, Kofi Services

**Evette Farley, M.A., LPCC**, received a Master of Arts in Marriage and Family Therapy from Argosy University and is a Mental Health Professional at Amherst H. Wilder Foundation

**Chanee Rudolph, Ph.D.**, received a Ph.D. in Christian Counseling from Saint Thomas Christian University – Twin Cities and is a Mental Health Practitioner – Kofi Services at Amherst H. Wilder Foundation

*The presenters have reported no conflicts of interest.*

**A reception will follow the event honoring Thad Wilderson  
with John M. Taborn Award for Outstanding Contributions to  
Psychology by a Person of African Descent.**

**Please note: You must attend the full 3-hour program to get continuing education credit for the event.**

## **About First Friday Forums:**

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, [www.metrostate.edu](http://www.metrostate.edu). Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

# MPA First Friday Forum • February 1, 2019

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check: ☐ Home ☐ Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check: ☐ Home ☐ Work Fax: \_\_\_\_\_

If you register **by** January 25, select the **Early Bird Registration** Fee: ☐ MPA member: **\$45** ☐ Non-member: **\$65** ☐ Student: **\$15**

If you register **after** January 25, select the **Regular Registration** Fee: ☐ MPA member: **\$55** ☐ Non-member: **\$75** ☐ Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

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Please do not email credit card information. Fax or mail your registration form to protect this information.

**or Register online @ [www.mnpsych.org](http://www.mnpsych.org)**

## Return To:

### Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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## LOCATION: Metropolitan State St. Paul Campus Auditorium

### Directions

**From west:** I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

**From east:** I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

### Bus

**Bus Route:** 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)  
These buses may have any terminal letter.

### Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

