Healing Racial Trauma: Self-Care & Holistic Wellness for the Mind, Body, and Spirit
A three-part workshop series from Counseling and Psychological Services (CAPS)

For Black, Indigineous, and Students of Color
Friday, June 19, 2:15-3:30pm
Friday, June 26, 2:15-3:30pm
Tuesday, June 30, 1:15-2:30pm

Zoom Link: berkeley.zoom.us/my/drcynthiamedina

Facilitator: Cynthia Medina, PhD

This three-part workshop series is intended for self-identified BIPOC students as an opportunity to center the healing of our individual and collective racial trauma in solidarity and supportive community. In an effort to stay rooted in our fullest selves, each session will begin with a 20-30 min guided meditation practice for centering and grounding.

This workshop series is designed to hold space for courageous vulnerability and conversation as we endeavor to unpack the nuances and complexities of racial trauma. In this culturally grounded, trauma-informed series, students will learn about the effects that racial trauma can have on our mental and physical health, and how it can be stored in different parts of our being (mental, emotional, physical, spiritual).

Each session will incorporate didactic and interactive components aimed at providing students with the skills necessary to create their own Holistic Wellness Toolkit, cultivate resilience and access healing through:

- critical consciousness
- mind/body exercises
- soul nourishing rituals
- cultural identity reclamation
- mindfulness-based compassion
- physical touch + authentic connection
- joy-based practices.

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