

# My Grandmother's Hands: Racialized Trauma, Resilience and Healing

Presented by Meadows Senior Fellow Resmaa Menakem, MSW, LICSW, SEP

OCTOBER 14-16, 2022



WE CAN'T HELP OURSELVES EVEN BEGIN TO HEAL RACIALIZED TRAUMA IF WE DON'T ACKNOWLEDGE THAT IT EVEN EXISTS.

As a person of color, an indigenous person, or a white person, are you open to exploring and healing the effects of racism or supremacy within your own body? Are you interested in doing the challenging work of releasing racialized trauma and building an anti-racist culture?

In this immersive experience, Resmaa Menakem guides you through somatic abolitionism—an embodied anti-racist practice and process of culture building that he developed. As you engage in group discussion, somatic awareness, and personal reflection, the process makes visible the invisible within your own and collective bodies.

This emergent somatic abolitionism practice is a form of maturation into a more integrated human experience and a way of being in the world. This unique experience provides you with the foundational skills to cultivate somatic abolitionism personally and communally.

Attendance is limited. This retreat is being curated to support diversity and inclusivity among white and BIPOC (Black, Indigenous, People of Color) participants; it will include both full group sessions and concurrent sessions in which BIPOC and white participants will separate to explore the work. If you are a white-passing body of culture, you can decide what feels right for your journey.

## LEARNING OUTCOMES/OBJECTIVES:

1. Differentiate the stress signs and symptoms of trauma
2. Distinguish the historical basics of Racialized Trauma
3. Evaluate inter-generational trauma
4. Investigate persistent institutional trauma
5. Evaluate personal trauma
6. Recognize the many dimensions associated with how the body carries racialized trauma
7. Define the Soul Nerve/Vagus Nerve
8. Differentiate the many ways of settling and safeguarding the body
9. Understand the basics of resourcing techniques
10. Appraise bodies of culture vs white bodies
11. Develop a body-centered activism
12. Execute a culture of healing

## CONTINUING EDUCATION INFORMATION:

You must register to receive a continuing education certificate. 18.0 continuing education credits or NBCC clock hours are available; no partial credit will be given.

- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 18.0 hours of continuing education credit hours for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider#5687.
- This course has been approved by The Meadows, as a NAADAC Approved Education Provider, for 18.0 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.

Resmaa Menakem, cultural trauma navigator, social worker, somatic experiencing practitioner, is the author of *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies*, the first self-discovery book to examine white body supremacy in America from the perspective of trauma and body-centered psychology.



PROFESSIONAL WORKSHOP  
EARN 18.0 CEU'S

## SCHEDULE

### Friday

2:00 – 5:00 p.m. .... Training

### Saturday

8:30 a.m. – 12:00 p.m. .... Training

12:00 – 1:00 p.m. .... Lunch

1:00 – 5:00 p.m. .... Training

5:00 – 6:00 p.m. .... Dinner

6:00 – 8:30 p.m. .... Training

### Sunday

8:30 a.m. – 12:00 p.m. .... Training

12:00 – 1:00 p.m. .... Lunch

1:00 – 3:00 p.m. .... Training

## Please Note

Proof of vaccination required;  
COVID-19 testing upon arrival.

## LOCATION

Rio Retreat Center at The Meadows  
1245 Jack Burden Road, Wickenburg, AZ 85390

## REGISTRATION

Register at [www.rioretreatcenter.com](http://www.rioretreatcenter.com) or call 833-749-4891.

## COST

Cost is \$1,500 a person, includes meals, lodging at Rio Retreat Bunkhouse, and ground transportation from and back to the Phoenix Airport.

## LODGING AND TRANSPORTATION

Lodging at the Rio Retreat Bunkhouse is included in the cost for Friday and Saturday nights, and is purposely free of the distractions that often accompany hotel lodging. Rooms are simply appointed and are shared occupancy (two guests per room); guests will be placed with a roommate who is also attending the training. Transportation will be available from and back to the Phoenix Airport, and details will be sent with your confirmation email upon completion of the registration process.

## CANCELATION POLICY

We rely on accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 800-244-4949 as soon as possible.