

Coping with Racism and Current Events Support Group Insight of New England, LLC Anti- Racist School Program



Racism is a health crisis. Teachers, administration, staff, and students are struggling with the racial divide in the country. There is evidence that shows that interventions that support these concerns will significantly help the transition back to school this year and also sustain a healthy safe school environment.

Program Objectives:

Participants will be able to apply the following learning objectives:

*Recognize racism and micro-aggressions, issues racial identity, and appreciate their peers and others. Explore and learn to share feelings about culture and races.

*Engage in trauma interventions such as Expressive art, Stress Management Techniques, Laughter Yoga, Narrative Therapy, REBT, Multicultural Counseling, Person-Centered Therapy, and EMDR, other evidence-based techniques.

*Individual counseling for students who request treatment: assessments, diagnoses, and design treatment plans, utilize therapeutic techniques such as EMDR ex....to help regulate emotions, cope with personal concerns. Provide family therapy to help integrate the family and also help support any concerns the student may have in their home.

For information please contact:

Candyce Scott, M.A., LPC: 860-325-3119

Email: candyceinsightofnewengland@gmail.com

or:

Suzanne Schweitzer, M.S., School Psychologist: 860-836-8611

Email: suzanneinsightofnewengland@gmail.com

