RACIAL PROTECTIVE FACTORS FOR BLACK YOUTH: CULTIVATING RESILIENCE

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WEDNESDAY, APRIL 21, 2021 | 9:00 AM - 10:00 AM

Click here to register on the Wellbeing for LA Learning Center

This seminar will be held online.

LEARNING OBJECTIVES:

1. Describe the current state of the evidence concerning racism-related risk factors for Black youth
2. Demonstrate and apply a racial mindfulness technique as a means of considering the stress associated with racial encounters
3. Identify the research and clinical utility of racial identity and racial socialization as protective factors for Black youth
4. Reflect on how their own racial socialization experiences may impact their understanding of working with Black youth and families

A recording with closed captioning will be available on the STAR Seminar web page at dpbh.ucla.edu/STAR-Seminar.

1 Continuing Education Credit Available.

UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists.

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