

Latoya Nicole Edwards, LCSW, CHt, CYT, ACS

Brainspotting and EMDR trained clinician

Presenter Biography:

Latoya Nicole Edwards, LCSW is the owner of Thriving Well Holistic Wellness Solutions, a notable public speaker with over a decade clinical experience, she is a sought-after expert in trauma informed care, self-care, holistic health, and leadership development. Latoya shares her expertise in various arenas. Coined the “Adult-ing” Mental Health Expert, she has facilitated trauma-informed groups, yoga, and reiki for teens and adults. Latoya combines holistic and traditional talk therapy as a part of her treatment method modality. She is the only clinician of color in Virginia trained in Brainspotting by Dr. Grand. She is also the youngest Clinical Hypnotherapist in Virginia.

Title:

The Courage to Connect: Brainspotting for African Americans and Caribbean Population and Diaspora

Overview:

1. Review the impact of trauma on African Americans and Caribbean’s and those of the diaspora through the developmental years
2. Learn various grounding techniques based on the body trauma and what grounding can support the healing.

3. Demonstrate and practice specific Brainspotting grounding set-ups presented in the Power of Brainspotting

4. Identifying parental roles and ranking and how that effects trauma within this subgroup

Abstract:

As a clinician of color, I ask the complex question: Can memorials to a dehumanizing and traumatizing history, the Jim Crow history, provide a path to restorative justice, psychologically, socially and politically? For African Americans, history and trauma aren't just in the past. Indeed, it would be simpler to help our communities heal if Jim Crow were but a memory. Historical trauma is the cumulative phenomenon where those who never directly experienced trauma (enslavement, rape, lynchings, murder) can still exhibit signs and symptoms of the trauma. That historical trauma can be observed in African-Americans' unresolved grief, expressed as depression and despair and their harboring of unexplained anger, expressed as aggression and rage. (Brave Heart, Chase, Elkins, & Altschul, 2011) Empowering, gaining trust, and also training clinicians of all hues various clinical competency where this special population can truly trust and heal without judgement. Brainspotting is a grounding process (Grand, 2003). We work with our client's using activation or resource model within the window of tolerance (Siegel, 1999). Brainspotting is a process of being in the here and now while simultaneously working with traumas of the past as well as present and future expansion to greater possibilities. In this presentation we will review the areas of how trauma is held and processed with persons of color (specifically African American and Caribbean population.), how to address multiple layers of trauma being reviewed in one sitting, cultural competencies and ways to address and help this population heal. As well the areas of how the body develops to

protect itself over time and how to support our clients to move from the past into the present.(Scaer, 2001) A brief overview of where trauma is held and how it is manifested into medical related issues will also be examined. We will focus on tracking and supporting clients during the process as well as be introduced to two set ups that can be used as part of the session or for the entire session that have been presented in The Power of Brainspotting, chapter on Brainspotting and Grounding by Cynthia Schwartzberg(2018) and Brainspotting by Dr. David Grand (2013).

Work Cited

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- Grand, D. (2013). *Brainspotting : The revolutionary new therapy for rapid and effective change*. Boulder, CO: Sounds True.
- Scaer, R. (2001). *The body bears the burden : Trauma, dissociation, and disease*. New York: Haworth Medical Press.
- Wolfrum, G., Grand, D., & Roland Asanger Verlag GmbH. (2018). *The power of brainspotting : An international anthology*. Kröning: Asanger Verlag.