

Racism, Post-Traumatic Stress, & Transformation



Calling All People of Color: Clergy & Lay

October 17, 2020, from 9 AM - 2 PM

Zoom Online Meeting

Facilitator: R. Dandridge Collins, Ph. D., M.Div.

Registration Fee: \$15

Scholarships available. Contact: dtaylorstorm@epaumc.org

Register:

<https://www.etches.com/racism-trauma>

Registration includes copy of Dr. Collins's bestselling book, *The Trauma Zone*, and a copy of Romal Tune's book, *Love is an Inside Job*.

Because of your race, have you ever felt:

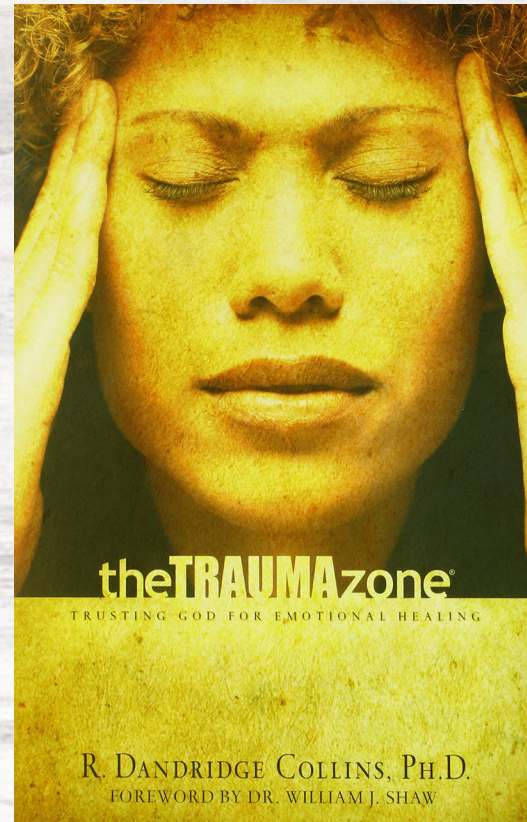
singled out?
marginalized?
disrespected?
ridiculed?

Have you ever raised a racial sensitivity concern and you were made to feel that you were:

going crazy?
overly sensitive?
overreacting?

Have issues of race ever left you with these feelings?

panic
anxiety
despair
depression
worry
nightmares
rage
flashbacks



We Will Highlight:

- Defining PTSD
- Defining Racism

We will be exploring practical solutions & resources.

Post-Traumatic Growth = healing after trauma.

Becoming Untethered from your trauma.



Eastern Pennsylvania Conference

The United Methodist Church

Sponsored by the Eastern PA Conference Commission on Religion and Race.