



Trauma Response and the Criminal Justice System: A Virtual Summit on Knowledge, Healing, and Resilience

“We Will Not Be Reduced: Healing From Racial Trauma

Healing From Racial Trauma In this workshop, participants will learn about the impact of racial trauma, its effect on mental health, and ways to foster healing from racism. Information covered will be helpful from both an advocacy role, and direct service role. Protective and risk factors will be explored, as well as culturally competent models of healing. This workshop is appropriate for survivors of racial trauma, advocates, and helping professionals alike. Participants will leave this workshop with concrete knowledge and actionable steps in working towards racial equity and healing. Information will be taught from a social justice oriented lens, with a special focus on decolonizing mental health and increasing culturally affirming practices.

Presenter: Vanessa Durrant

Vanessa Durrant, MSW, LCSW-C, RMT, RYT Vanessa Durrant has over a decade of experience in the field of trauma based therapies, attachment, and mental health. She is a licensed psychotherapist, reiki master, yoga teacher, public speaker, and owner of Kindred Tree Healing Center-a private holistic mental health practice serving the dc metro area. She holds a bachelor in psychology and a master in Clinical Social Work from Virginia Commonwealth University. She has received training from the top professionals in the field of developmental psychology, attachment theory and trauma. From a very early age, Vanessa felt a deep calling to help others and do her part to make the world a better place. She has spent the last decade providing direct psychotherapy services to individuals across the life span. As a trainer and consultant, she has been providing trainings to professionals in the field of sexual and domestic violence since 2009, including speaking at the Department of Defense FAP Victim Advocate Conference. Her most recent speaking engagements focus on the intersection of racial equity and trauma recovery. Prior to opening Kindred Tree Healing Center, she was the Clinical Director of the counseling and court advocacy program at a non-profit dedicated to supporting survivors of sexual violence, intimate partner violence

and human trafficking. Since then, she has spoken at conferences all over the country, helping professionals provide trauma-informed services and evidenced based therapy to children and families. In 2013 she was awarded the Patriotic Employer Award by the Army Reserves, because of her efforts in providing mentorship, internship sites with flexible scheduling, and supervision of effective clinical support to survivors of violence for army reserve interns pursuing their clinical social work graduate degree. Vanessa is also a founding member of the Frederick, MD chapter of the International EMDR Humanitarian Assistance Project, which provides pro-bono trauma therapy services to first responders, police, and firefighters. In her free time, she enjoys spending time with her family. She also identifies as an artist and professional photographer. For self care, she loves running, yoga and the outdoors; hiking, kayaking, canoeing, fishing, you name it!