



**BE THE HEALING CONFERENCE. LOS ANGELES**

**SEPT 28 | 29 | 30 2017**

## **CONFERENCE KEYNOTES AND OBJECTIVES**

### **Post Traumatic Slave Syndrome (PTSS)**

Overview and implications for culturally responsive and trauma-informed practice with African Americans.

The objective is to understand the basic tenants of PTSS and the multigenerational impact on African Americans. Additionally, participants will learn culturally appropriate and trauma-informed approaches for engaging, connecting and providing services and care to African Americans.

### **Unnatural Causes - Is the stress and strain of racism killing us?**

The objective is to review the film Unnatural Causes, is Stress Killing Us? And discuss the cultural implications for living with racism and enduring daily micro and macro aggressions, discrimination, and learn new strategies that have been proven to reduce stress and extend life expectancy outcomes.

### **The Relationship Approach**

Relationship Model and working with communities of color and traumatized individuals.

Participants will learn the basic tenants of the “Relationship Model” and how to apply it to create sustained change and empowerment for individuals, families and institutions.

### **Theory of Triadic Influence (TTI)**

Participants will gain invaluable insight into recognizing trauma, identifying influences, initiating behavior change and promoting resilience on the individual, family and community levels through the understanding and application of TTI, considering the “Three Streams of Influence.”

## **Improvement Science (IS)**

Participants will learn about Improvement Science and its implications for supporting healing initiatives and social justice. IS is a framework that helps to accelerate how we learn to improve. It is a user and problem centered approach to accelerate teaching and learning through action, learning by doing. As the improvement process advances, previously unknown problems often emerge and improvement activities may need to move in new directions. Rapid tests of change are suggested to guide the continued fine-tuning of new tools, processes, roles and relationships. The objective of IS then, is quite different from the traditional approaches that seek to concept proofs. Improvement research, in contrast, is a focused learning journey.

The primary goals of the first two days of the training are to focus on how we improve, how we reduce stress, how to effectively problem solve and ultimately learning how to “struggle well.”

## **Be the Healing**

Group dialogue and strategic planning for community organizing and advocacy.

Participants will work together across disciplines to discuss the material covered in the previous session and create strategies for how to implement the learning in the their families, communities, organizations, and in local and national policy development.

## **Community Healing Workshop and Forum.**

Special performance of **Henry Box Brown - A Musical Journey** by BOX Brown Productions in association with the Children’s Theater Company followed by a community forum moderated by Joy DeGruy.

*Henry Box Brown* is the story of the tragic and triumphant tale of a black man that was enslaved in Virginia in the 1850’s who, with the help of white and black abolitionists, was shipped to freedom in a box. The musical weaves within it- a fusion of Gospel, R&B, Blue Grass and original Negro spirituals.

The purpose of this session is to get a sense of how community members from various backgrounds are engaging in the discussion about race and America’s history and relationship with African Americans specifically and people of color in general. Additionally, part of the goal is to create a sense of connection among participants and community members by engaging in community dialogue as it relates to the play, social justice, community empowerment, and personal lives.