



The Connecticut Psychological Association
presents its 7th Social Justice Seminar:

Healing Racial Trauma, Radical Self-care, &
Strategies for Creating Communities of
Safety and Resilience
with Dr. Nakia Hamlett



Dr. Hamlett received her doctorate in clinical psychology from The University at Albany and holds a Master's Degree in Special Education from the University at Maryland. She completed pre-and postdoctoral fellowships in the Department of Psychiatry at Yale School of Medicine and served as an Instructor and Assistant Professor in the Department of Psychiatry for six years. This seminar will present frameworks for understanding racial trauma and building communities that support resilience and self-care. With an explicit focus on helping individuals develop the "muscle" for exploring & discussing issues of race, this seminar will specifically explore strategies for creating "identity-safe" spaces that foster equity and wellness.

Zoom link:

<https://us02web.zoom.us/j/85798721555>

Thursday, 6/24
@ 7:30-8:30pm EST