



COPING WITH RACE RELATED STRESS AND TRAUMA

University of Missouri-St. Louis
**Community Psychological
Service**

**Free Online/Telephone Therapy
Group**

*Free 60-Minute Group Therapy Sessions | Thursdays at 5pm
Open Enrollment | Beginning July 23rd*

Free individual therapy also for available for participants as needed

In the wake of recent events and related resistance movements, there is increasing awareness of the experience of stress and anxiety related to racial identity. This telehealth (online or phone) group intervention seeks to target race-based stress and trauma through open discussions supplemented by cognitive-behavioral practices.

Specific session topics include discussions and exercises tackling the **experience of interpersonal and systemic racism, race-based stressors and their impacts on mental health, and empowerment related to racial identity.**

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members.

Space is limited. Call 314-516-5771 to complete an intake.

UMSL