



CONTINUING EDUCATION · 2.0 CE HOURS · LIVE VIRTUAL TRAINING

Racialized Trauma and the Latine Body: Body Image, Colorism, & the Relationship with Self in Context

A continuing education training for mental health professionals working with Latina and Latine clients

Date & Time

Wednesday, October 7, 2026

04:30 PM – 6:45 PM

Break: 5:45–5:50 PM (not included in CE credit)

Format

Live Virtual Training

Live & Interactive via Zoom

Registration Deadline: October 5, 2026

Instructional Level: Intermediate

Investment

Early Bird – \$64 Licensed / \$52 Pre-Licensed
(by September 21st)

\$80 Regular Rate for Licensed Clinicians

\$65 Regular Rate for Pre-licensed Clinicians

CE hours available · Full payment due at
registration

Meet Your Presenter

Jeanette Lopez-Urbina, LCSW

Bilingual (Spanish/English) LCSW with 26 years of experience. Faculty for 8 years a Bay Area MFT Program and graduate-level instructor at UC Berkeley's School of Social Welfare. Has trained clinicians throughout California including at Fred Finch Youth Center, A Better Way, Seneca, and Napa County Child Welfare.

Jeanette's clinical work is grounded in a psychodynamic lens, informed by awareness of immigration trauma, intergenerational and historical trauma, and trauma-informed care, and practiced through a liberation- and justice-informed approach with Latine and other historically oppressed communities.

Who Should Attend

Licensed and pre-licensed mental health professionals (LMFTs, LCSWs, LPCCs, LEPs, and registered associates) working with Latina and Latine clients. CE hours available for eligible licensed and pre-licensed clinicians.

Pre-licensed associates may apply CEs toward licensure requirements as permitted by the BBS.

Cancellation & Refund Policy

Cancellations received at least 48 hours before the course date will receive a full refund. Cancellations received within 48 hours may apply the balance as credit toward a future training. No refund for no-shows. To cancel: admin.rootsinhealing@gmail.com

Accommodations & Grievances

To request accommodations or submit a grievance: admin.rootsinhealing@gmail.com or (510) 269-7718.

About This Training

The Latine community often experiences erasure and invisibility when considering the racial impact on Latine bodies. This course will highlight and bring forward the common wounds experienced by Latines and Latinas navigating their physical existence within a society shaped by colonial beauty standards that normalize and prefer Whiteness.

This training will address how this racialized trauma impacts psychological well-being, but also how it is stored, performed, felt, and regulated through the body. This training introduces a liberation-informed framework for recognizing how colonial body standards, colorism, and hypersexualization live in the body and activate shame responses.

Every training offered through Roots in Healing Training Institute brings a systemic perspective to clinical practice because the individual cannot be understood apart from the forces that shaped them.

Learning Objectives

By the end of this training, participants will be able to:

1. Describe the concept of "paradoxical body image" and explain how Latina/Latine clients may navigate two competing, colonially rooted beauty standards simultaneously.
2. Identify the historical and colonial origins of hypersexualization and body-based stigma affecting Latina and Latine clients.
3. Distinguish how colorism produces distinct forms of racialized body harm across the range of Latine skin tones.
4. Recognize clinical presentations of body-based shame and nervous system activation that may stem from this paradox.
5. Apply a self-examination framework to identify our own embodied reactions and countertransference when this material arises in session.

CE Credit Information

2.0 CE hours (5:45–5:50 PM break excluded)

Course meets the qualifications for 2.0 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

CAMFT Provider #1033087

To receive CE credit, participants must attend the entire live training and complete a post-event evaluation form. Partial credit is not awarded. Certificates issued within 7 business days of course completion, upon submission of a completed evaluation form.

Register at www.rootsinhealing.org

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Roots in Healing Training Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Roots in Healing Training Institute maintains responsibility for this program/course and its content.