



ROOTS IN HEALING
Psychotherapy & Consultation Services

Roots in Healing Training Institute
Profundizando desde las Raíces

COURSE SYLLABUS

Applying a Liberation-Informed Clinical Framework & Theory in Practice with the Latine and Other Historically Oppressed Communities

A Clinical Consultation Group for Therapists

Fall 2026 • 8 Sessions • 16.0 CE Hours

Instructor: Jeanette Lopez-Urbina, LCSW • CAMFT Provider #1033087

COHORT INFORMATION

Cohort A — Para y Por Nuestra Comunidad Latina

Language of Instruction: Spanish

This cohort is designed as a Latine affinity space for native and heritage Spanish-speaking clinicians. All sessions are conducted in Spanish. This space is intentionally held for those who carry the language and cultural experience of the Latine community as part of their own identity and clinical practice.

- Dates: Mondays — August 17, August 24, August 31, September 14, September 21, September 28, October 5, October 19, 2026
- Time: 4:15 PM – 6:30 PM
- Format: Synchronous distance learning via Zoom
- Note: No session on September 7 (Labor Day) or October 12 (Indigenous Peoples Day)

Cohort B — Rooted in the Latine Community: A Multicultural Clinical Space

Language of Instruction: English

This cohort is open to all clinicians working with Latine and diverse communities regardless of language background. Sessions are conducted in English. The framework, content, and clinical application are identical to Cohort A, grounded in the same liberation-informed foundation.

- Dates: Wednesdays — August 19, August 26, September 2, September 9, September 16, September 23, September 30, October 7, 2026
- Time: 4:15 PM – 6:30 PM
- Format: Synchronous distance learning via Zoom



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INSTRUCTOR INFORMATION

Jeanette Lopez-Urbina, LCSW is a bilingual (English/Spanish) Licensed Clinical Social Worker with 26 years of experience and 11 years of licensure. She has served as faculty for 8 years at the Wright Institute MFT Program and has taught graduate-level coursework at UC Berkeley's School of Social Welfare, including courses conducted in Spanish. Her clinical experience spans private practice, community-based organizations, and institutional settings, including facilitation of Spanish-language clinical groups for NAPA County Child Welfare. Her 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 diverse communities. She is the developer and synthesizer of the liberation-informed clinical framework that forms the foundation of this course, grounded in the belief that healing and justice are inseparable.

COURSE DESCRIPTION

This 8-week consultation group offers the combination of shared learning community, didactic teaching, and case consultation. Each session moves through a foundational pillar of a liberation-informed clinical framework developed and synthesized by the instructor — a framework that represents the gathering of values, concepts, and theoretical foundations grounded in both evidence-based and practice-based contributions of scholars, researchers, and clinicians across the mental health field.

The framework holds the tension between these two knowledge traditions intentionally, recognizing that what the evidence supports and what practitioners know from lived clinical experience are both essential to culturally responsive care. The framework offers foundational pillars that represent depth, flexibility, and cultural attunement in clinical work, with the intention of supporting a shift in how the mental health field receives and holds Latine and other historically oppressed populations so that they are truly seen, held, and served with greater cultural attunement, depth, and justice.

Pillars of this framework include Self-Examination, The Therapeutic Relationship as Microcosm, Systems-Informed Thinking, Depth-Informed Nuance & Complexity, and Theoretical & Clinical Integrity. Each pillar guides participants through concepts and clinical applications to deepen and expand their work with the Latine community and other historically oppressed populations.



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EDUCATIONAL GOALS

This course is designed to support mental health clinicians in deepening their clinical competence, self-awareness, and cultural attunement in their work with Latine and other historically oppressed communities. Participants will leave with an expanded clinical lens grounded in liberation-informed practice, a strengthened capacity for Use-of-Self as a clinical tool, and a community of practitioners committed to justice-oriented clinical work. The skills and frameworks developed in this course are designed to be integrated into participants' ongoing clinical practice with Latine and other historically oppressed populations across a range of presenting concerns, treatment modalities, and clinical settings.

MEASURABLE LEARNING OBJECTIVES

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

1. Session 1 — Self-Examination

Identify and demonstrate at least 2 clinical applications of the Use-of-Self as a foundational tool, integrating self-examination and personal clinical reflection into case consultation and peer feedback.

2. Session 2 — Therapeutic Relationship as Microcosm

Identify at least 2 ways the therapeutic relationship functions as a microcosm of larger systemic, cultural, and historical dynamics in clinical work with Latine and other historically oppressed populations.

3. Session 3 — Systems-Informed Thinking

Apply systems-informed thinking to identify at least 3 contextual and structural factors, including family, culture, community, institution, and historical forces, shaping a client's clinical presentation and treatment needs.

4. Session 4 — Depth-Informed, Nuance & Complexity

Formulate a clinical case conceptualization that accounts for ambiguity, cultural nuance, and layered complexity in the lived experience of Latine and other historically oppressed populations.

5. Session 5 — Theoretical & Clinical Integrity Part I

Integrate at least 2 core relational and psychodynamic concepts, including attachment, containment, and the corrective emotional experience, into a liberation-informed clinical framework applied to work with Latine clients and other historically oppressed populations.



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6. Session 6 — Theoretical & Clinical Integrity Part II

Apply liberation psychology and ecological systems theory, by drawing on the contributions of scholars including Martín-Baró and Bronfenbrenner, to clinical case conceptualization with Latine and other historically oppressed populations.

7. Session 7 — Revisiting the Self & Integration

Evaluate personal clinical countertransference and Use-of-Self through experiential exercises and case consultation, demonstrating integration of the framework across all 5 Pillars.

8. Session 8 — Closing & Synthesis

Synthesize all 5 Pillars of the liberation-informed clinical framework through clinical reflection and case consultation, demonstrating integrated application of the full framework across the course arc.

CONTINUING EDUCATION INFORMATION

Roots in Healing Training Institute (Provider #1033087) is approved by CAMFT to offer continuing education for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. *Applying a Liberation-Informed Clinical Framework & Theory in Practice with the Latine and Other Historically Oppressed Communities* meets the qualifications for 16.0 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. CE credit is awarded on a per-session basis at 2.0 hours per session attended in full, for a maximum of 16.0 hours upon completion of all 8 sessions. Due to the sequential nature of the curriculum, participants are strongly encouraged to attend all 8 sessions. A maximum of one absence is recommended to support full integration of the framework. Roots in Healing Training Institute is solely responsible for this program and its content.

CE credit is awarded for instructional time only. The following segments are included in CE credit per session:

- Opening, Clinical Grounding & Baseline Reflection (15 min)
- Didactic Teaching with Discussion (45 min)
- Case Presentation as Applied Clinical Learning (30 min)
- Consultation & Content Application, Instructor-led (30 min)

Break (5 min) and Closing & Check-out (10 min) are not included in CE credit hours.

Participants must be present at the start of each session to receive CE credit. A grace period of 5 minutes is allowed. Participants who join more than 5 minutes after the session start time will not receive CE credit for that session, as partial credit is not awarded. To avoid technical difficulties,



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participants are strongly encouraged to test their connection and audio 5–10 minutes before the session start time. Participants who experience technical difficulties at or before the start time should notify the instructor or Program Assistant immediately via email at admin.rootsinhealing@gmail.com. Documented technical issues will be reviewed at the instructor's discretion.

Sign-in, sign-out, and completion of the session evaluation are required to receive CE credit for each session attended.

TARGET AUDIENCE

This course is designed for licensed and pre-licensed mental health professionals including LMFTs, LCSWs, LPCCs, LEPs, and registered associates. **Instructional Level: Intermediate to Advanced.** Cohort A is specifically designed for native and heritage Spanish-speaking clinicians working with Latine communities. Cohort B is open to all clinicians working with or seeking to deepen their practice with Latine and diverse communities.

SESSION SCHEDULE

Each session runs 2 hours and 15 minutes and offers 2.0 CE hours. The following schedule applies to both cohorts. Cohort A meets on Mondays in Spanish; Cohort B meets on Wednesdays in English. See Cohort Information section for specific dates.

Session 1 — Introduction & Pillar 1: Self-Examination

Foundational Values of a Liberation-Informed Clinical Framework: Introducing La Consulta — 4:15–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Self-Examination as a tool, resource, and foundation to clinical practice with facilitator-led case illustration — 5:20–6:05 PM (CE)

Clinical Reflections with application of Pillar 1 — 6:05–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 2 — Pillar 2: Therapeutic Relationship as Microcosm



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Opening, Clinical Grounding & Baseline Reflection of Therapeutic Relationship as Microcosm — 4:15–4:30 PM (CE)

Therapeutic Relationship as Microcosm — a core foundation for effective practice in the Latine community and other diverse populations — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with applied clinical learning of Pillar 2: Therapeutic Relationship as Microcosm — 5:20–5:50 PM (CE)

Consultation and content application of Pillar 2: Therapeutic Relationship as Microcosm — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 3 — Pillar 3: Systems-Informed Thinking

Opening, Clinical Grounding & Baseline Reflection of Systems-Informed Thinking — 4:15–4:30 PM (CE)

Systems-Informed Thinking — holding contextual factors in engagement, assessment, and treatment — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with applied clinical learning of Pillar 3: Systems-Informed Thinking — 5:20–5:50 PM (CE)

Consultation and content application of Pillar 3: Systems-Informed Thinking — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 4 — Pillar 4: Depth-Informed, Nuance & Complexity

Opening, Clinical Grounding & Baseline Reflection of Depth-Informed, Nuance & Complexity — 4:15–4:30 PM (CE)

Depth-Informed, Nuance & Complexity — deepening the therapeutic ability to hold ambiguity, multiple realities and layers in the client's reality and therapeutic encounter — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with applied clinical learning of Pillar 4: Depth-Informed, Nuance & Complexity — 5:20–5:50 PM (CE)

Consultation and content application of Pillar 4: Depth-Informed, Nuance & Complexity — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)



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Session 5 — Pillar 5: Theoretical & Clinical Integrity — Part I: Relational & Psychodynamic Lineage

Opening, Clinical Grounding & Baseline Reflection of Theoretical & Clinical Integrity — 4:15–4:30 PM (CE)

Theoretical & Clinical Integrity Part I — Integrating relational and psychodynamic theory into liberation-informed clinical practice: attachment, containment, and the corrective emotional experience — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with applied clinical learning of Pillar 5 Part I: Relational & Psychodynamic Lineage — 5:20–5:50 PM (CE)

Consultation and content application of Pillar 5 Part I: Relational & Psychodynamic Lineage — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 6 — Pillar 5: Theoretical & Clinical Integrity — Part II: Liberation & Systems Lineage

Opening, Clinical Grounding & Baseline Reflection of Theoretical & Clinical Integrity — 4:15–4:30 PM (CE)

Theoretical & Clinical Integrity Part II — Integrating liberation psychology and systems theory into clinical practice (i.e., Martín-Baró, Bronfenbrenner, and others) — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with applied clinical learning of Pillar 5 Part II: Liberation & Systems Lineage — 5:20–5:50 PM (CE)

Consultation and content application of Pillar 5 Part II: Liberation & Systems Lineage — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 7 — Revisiting the Self & Putting It All Together

Opening, Clinical Grounding & Reflections on the Use-of-Self within the Framework — 4:15–4:30 PM (CE)

Revisiting the Self & Putting It All Together — Didactic teaching with experiential exercises applying the framework and the practice of Use-of-Self — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with the application of any of the 5 Pillars — 5:20–5:50 PM (CE)

Consultation and content application of the 5 Pillars — 5:50–6:20 PM (CE)



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Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

Session 8 — Closing & Clinical Reflections

Opening, Clinical Grounding & Clinical Reflections on the Framework as a Whole — 4:15–4:30 PM (CE)

Integration & Reflections of the Framework as a Whole — Didactic teaching with experiential exercises applying the entire framework — 4:30–5:15 PM (CE)

Break — 5:15–5:20 PM (No CE will be issued during this time)

Case Presentation with the application of any of the 5 Pillars — 5:20–5:50 PM (CE)

Consultation and content application of the 5 Pillars — 5:50–6:20 PM (CE)

Closing & Check-out — 6:20–6:30 PM (No CE will be issued during this time)

REFERENCES

Hardy, K. V. (2018). The self of the therapist in epistemological context: A multicultural relational perspective. *Journal of Family Psychotherapy*. <https://doi.org/10.1080/08975353.2017.1417005>

Hardy, K. V., & Bobes, T. (Eds.). (2016). *Culturally sensitive supervision and training: Diverse perspectives and practical applications*. Routledge.

Martín-Baró, I. (1994). *Writings for a liberation psychology*. Harvard University Press.

Mullan, J. (2022). *Decolonizing therapy: Oppression, historical trauma, and politicizing your practice*. W. W. Norton & Company.

Sametband, I., Chiara, G., Gaete-Silva, J., & Strong, T. (2024). Negotiating cultural relevance from within therapy conversations. *Human Systems: Therapy, Culture and Attachments*, 4(1), 3–20. <https://doi.org/10.1177/26344041231199908>

Treviño, A. Y., Tao, K. W., & Van Epps, J. J. (2021). Windows of cultural opportunity: A thematic analysis of how cultural conversations occur in psychotherapy. *Psychotherapy*, 58(2), 263–274. <https://doi.org/10.1037/pst0000360>



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COURSE EVALUATION

Participants are required to complete a course evaluation at the end of each session in order to receive CE credit for that session. Evaluations assess whether learning objectives were met, the relevance of the content to clinical practice, the effectiveness of the instruction, and the overall quality of the course. Results are used to improve future offerings. Evaluations are administered digitally at the end of each session.

ATTENDANCE & CREDIT POLICY

CE credit is awarded on a per-session basis. Participants must attend a session in full to receive CE credit for that session. A grace period of 5 minutes is allowed at the start of each session. Participants who join more than 5 minutes after the session start time will not receive CE credit for that session, as partial credit is not awarded. Participants who experience technical difficulties at or before the start time should notify the instructor or Program Assistant immediately at admin.rootsinhealing@gmail.com. Documented technical issues will be reviewed at the instructor's discretion.

Sign-in and sign-out (or self-attestation on the evaluation form) are required at each session. Due to the sequential nature of the curriculum, participants are strongly encouraged to attend all 8 sessions. A maximum of one absence is recommended to support full integration of the framework. Participants who attend all 8 sessions will receive a total of 16.0 CE hours.

CERTIFICATES OF COMPLETION

A Certificate of Course Completion will be issued to eligible participants within seven (7) business days of each session, provided the participant attended the full session and completed the session evaluation. Certificates will include the participant's name, license number, course title, session date, CE hours awarded (2.0), provider name and address, CAMFT provider number, and instructor signature.



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PAYMENT & REGISTRATION

Full cohort registration is required. Two payment options are available:

- Pay in Full: \$640 (Licensed CE Track) or \$480 (Associate & Consultation Track), due at registration
- Payment Plan: Split into two equal payments — first payment due at registration, second payment due before Session 4. Contact admin.rootsinhealing@gmail.com to arrange a payment plan prior to registering.

Participants who do not submit their second payment before Session 4 will not be able to continue in the cohort.

REFUND & CANCELLATION POLICY

For participants paying in full:

Cancellations received more than 5 days before the first session will receive a full refund. Cancellations received within 5 days of the first session will receive a 50% refund or the option to apply the balance as a credit toward a future Roots in Healing Training Institute offering. No refund will be issued for no-shows or withdrawals after the course has begun.

For participants on a payment plan:

The cancellation and refund policy applies to the first payment only, prior to the first session. Once the course has begun, no refunds are issued regardless of payment plan status.

To request a cancellation, email admin.rootsinhealing@gmail.com with your name, course title, and date. Refunds are processed within 7 business days.

GRIEVANCE POLICY

Participants who have a grievance regarding this course, its content, promotional materials, or administration are encouraged to submit their concern in writing to admin.rootsinhealing@gmail.com. Grievances will be acknowledged within 3 business days and responded to within 10 business days. If a grievance cannot be resolved directly, participants may contact CAMFT's CEPA Department at cepa@camft.org or (858) 429-7509.



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ACCOMMODATIONS

To request accommodations for special needs or disability, please contact admin.rootsinhealing@gmail.com at least 14 days prior to the first session. We are committed to making this course accessible to all participants.

Roots in Healing Training Institute (Provider #1033087) 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 and all its content.