**Training Certifications**

**Program Description**

**Indigenous Psychotherapy™ Certification (IPC)**

Culture and worldview are important variables to consider when conceptualizing mental health treatment modalities. Most of the models currently used contemporarily, worldwide are based on a linear framework that emphasizes individuality, materialism, and control as tenants for industrialization, the movement of a society away from agrarian lifestyles toward consumer-oriented priorities. This industrialization creates social, emotional, and spiritual blockages that impacts peoples’ intrinsic tendencies towards holistic wellness. Working effectively with Black families requires culturally competent interventions that honor and build upon their strengths and give attention to the intricate dynamics of relationships. Such interventions strengthen the practitioner or healer with increased self – awareness and a motivation to join on an energic level with the client system, to foster a healing environment in which the system can actualize on its needs.

This intensive training program introduces practitioners to modalities for family interventions that are rooted in African Psychology and ancient, Ayurvedic principles for healthy and sustainable living. Together, these philosophies lay the foundation for the self – actualization of healers and the healing capacity of individuals and families, of the Diaspora.

**Antiracist, Culturally Competent Treatment for Black Families Certification (ARCCT)**

In order to evolve the helping professions to holistic and life affirming intervention and modality, white clinicians require a reorientation to the function and purpose of treatment --one that clearly confronts, challenges, and deconstructs the tenets of white supremacy and reframes the condition, needs, and strengths of black and indigenous people of color. Immersion, openness, and commitment are essential for the willing practitioner, as such an evolution will demand ownership of one’s privilege, dissecting and evaluating the history of racism in our work, and an unwavering resolve to address trauma and prohibit re-traumatization at the hands of the practitioner.

As such, this certification is designed to comprehensively explore racism in America: how it has and continues to traumatize generations of black people; its impact on traditional modalities of health and healing; and how, despite its pervasiveness, it is possible to establish oneself as a culturally competent, anti–racist helper and practitioner.

**Expectations: Everybody Gives, Everybody Gets**

Ubuntu Village Works, the sponsoring partner for these programs, has secured funding to meet the financial obligation for the certification of all committed participants. As such, in the spirit of reciprocity and as a display of commitment, all participants are to attend the weekend intensive sessions on their own time (without pay). Additionally, the systems in which you are employed had also made a financial commitment on your behalf and shall accommodate paid leave time for in-person sessions during the week (at the start and close of the programs) and for the biweekly virtual sessions. By completing the attached application form, you are agreeing to the following:

* For the hours you complete (40+), you will receive CEU’s for Social Work, LMHCs, CASACs, and LMFTs.
* You are expected to attend full sessions, some on weekends and evenings. Should an emergency arise, one on one arrangements with the team leaders are expected.
* These sessions are designed for a self-transformation process so please work with your employer for coverage, so this time is protected for you.
* This is not just an intellectual journey but one that requires self-reflection and internal work to be shared within the sessions with others.
* There are expectations of work to do between sessions including readings and self-reflections. These are very important to complete to enrich the sessions and your experience.