

Provider Notice

“Uncomfortable Conversations on the Couch: Racial Trauma and Incorporating Culturally Sensitive Practices”

The SUPPORT Act Grant Team and the Virginia Department of Medical Assistance Services (DMAS) are proud to be hosting a training presented by Dr. Rae-Anne Dougan and Dr. Jeremy Walden from Dougan and Walden Wellness, PLLC. The training sessions will provide education for healthcare providers and organizations on understanding race-based trauma and incorporating cultural humility in clinical practice.

The training will cover topics such as:

- Exploring what it means to be anti-black, white privilege, and Black Lives Matter;
- Structural racism, racial equity, and their impacts on behavioral health and substance use disorder treatment
- What providers can do to promote discussions around racial trauma and how to address racial trauma in therapy; and
- Learning how to implement culturally humble practices.

These training sessions will promote the Substance Abuse and Mental Health Services Administration’s (SAMSHA) recommendation of a "Trauma-Informed Approach" by assisting providers and organizations with actively moving past cultural stereotypes and biases; leveraging the healing value of traditional cultural connections; and recognizing and addressing historical trauma, inclusive of structural racism.

Training Dates

October 15th

9 a.m. - 11 a.m.

Click here to register:

<https://covaconf.webex.com/covaconf/onstage/g.php?MTID=e17fb0ac410052d1affe6839e6e82f7ff>

October 22nd

3 p.m. - 5 p.m.

Click here to register:

<https://covaconf.webex.com/covaconf/onstage/g.php?MTID=ef1cc94d61275909a263db782929e090d>

Reasonable accommodations for this presentation will be provided upon request for persons with limited English proficiency and disabilities. Please notify the DMAS Civil Rights Coordinator at (804) 482-7269 at least five (5) business days prior to the meeting to make arrangements.

Questions? Contact SUPPORTGrant@dmas.virginia.gov.

Meet the Presenters

Rae-Anne Dougan, PsyD

Licensed Clinical Psychologist, Co-Founder

In line with her interests in serving families with young children, Dr. Dougan received her Bachelor of Arts degree from the University of Buffalo in Psychology and Early Childhood Education. Directly after completion of her degree she attended Teachers College, Columbia University in New York City. There she studied Developmental Psychology, a program that focused on psychological development throughout the lifespan with a strong emphasis on diversity and cultural competence. She studied under the likes of Dr. Derald Wing Sue, a pioneer in the cultural identity development and Dr. Suniya Luthar, a prominent developer in research on risk and resilience.

After receiving a Master's degree from Columbia University in Developmental Psychology in 2004, Dr. Dougan served as an Adjunct Professor at The College of New Rochelle while doing preventative treatment work in neighboring communities in New York City. In 2006 she began doctoral training at Argosy University, Washington DC in Clinical Psychology. Her practicum training and internship provided a strong background in trauma assessment and treatment. She received specialized training in Trauma Focused Cognitive Behavioral Therapy and other behavioral treatment modalities as well as Child Centered play therapy and other nondirective approaches typically utilized with adults.

Following the completion of her doctorate degree, Dr. Dougan has worked with various populations from adjustment difficulties in children and families to severely mentally ill patients and violent offenders. She has served in mental health for over 15 years in both New York State and Virginia. Her unique experiences have provided her the knowledge base to work with diverse populations. Dr. Dougan is now the Co-founder and Co-owner of a private practice, Dougan and Walden Wellness, PLLC and continues to work in various areas of multicultural affairs. She is dedicated to her staff, clients, and peers and has become an intricate part of the fabric of the community we serve.

Jeremy Walden, PsyD

Licensed Clinical Psychologist, Co-Founder

Dr. Walden received his undergraduate training in Indiana and graduate training in Florida before moving to Virginia. During his academic training, he had the opportunity to work on research projects focused on clinical issues such as substance use, emotional wellness, self-image, and interpersonal communication. During his clinical training, he worked in outpatient clinics, neuropsychological practices, and residential settings.

As a Licensed Clinical Psychologist, Dr. Walden has worked in correctional settings, outpatient clinics, and private practice. He has served as clinic coordinator and director of clinical training. He had the

privilege to assist in developing mental health programs and training clinicians. He has a passion for working with underserved populations and has followed a training path that assists him in incorporating culturally sensitive practice in all aspects of his work.

His approach to therapy is cognitive-behavioral and interpersonal theory based. He uses ACT techniques to provide a robust set of interventions to personalize the approach to each individual's goals. Furthermore, he has had extensive training in trauma and trauma interventions such as Trauma-Focused Cognitive Behavioral Therapy.

Dr. Walden is now the Co-founder and Co-owner of a private practice, Dougan and Walden Wellness, PLLC. He strives to provide individuals with evidence-based treatment that is individualized to one's goals. He perceives therapy as an opportunity for problem-solving, emotional transformation, and personal growth through self-exploration, emotional regulation, and insight into the mind-body-social interconnections.