

Virtual Speaker Series

Trauma-Informed Cultural Sensitivity

Across the spectrum of care, health services providers are increasingly aware of trauma as a public health crisis that profoundly impacts individuals, families, and communities.

More than 90% of people in treatment for anxiety, depressive, eating, substance use, or personality disorders, as well as those involved with the criminal justice system, are estimated to have had adverse childhood experiences (ACEs) related to emotional, physical, or sexual abuse.¹



In providing trauma-informed care, we may navigate a diverse landscape of cultural and individual backgrounds each day. We can improve the well-being of patients affected by trauma by embracing an approach of cultural humility, understanding, and responsiveness.

PerformCare and Lakeside Global Institute (LGI) will hold a two-part training series to help participants identify and understand the individual and cultural roots of behaviors that boost or undermine emotional health.

This is a two-part training. Participants must register for and attend both sessions.

Dates: March 26 and April 9, 2025 **Time:** 9 a.m. – 11 a.m.

Presenters: Pearl Calica and Joy Bowman Lim

Pearl Calica has over 29 years' experience in nonprofit strategic planning, volunteer and leadership management, public speaking, and community development. Having conducted the largest ACEs study in the Philippines, with more than 6,500 participants, Pearl brings a nuanced understanding to working with people affected by trauma. She now serves as an LGI trainer and facilitator of trauma-related courses and workshops for social service professionals. Pearl earned a Master of Public Health, is a Certified Trauma Competent Professional, and is certified in polyvagal-informed therapy.

Joy Bowman Lim is a licensed social worker with over 25 years' experience. She has served children, teens, and families in a variety of capacities, including through child welfare prevention programs; serving families impacted by HIV/AIDS and other special medical needs; and as a school-based therapist, administrator, and fundraiser. For over a decade, Joy coordinated a teen parenting education and intervention program, where she implemented trauma-informed parenting education, case management, and mental health support for teen parents. She has been a part of the LGI training program since its inception in 2003 and is a Certified Trauma Competent Professional. Joy currently teaches social work in two universities and serves as a trainer with LGI. She also serves on the board of Yes! And... Collaborative Arts, a Philadelphia-based youth-serving arts organization, and volunteers in her faith community.

Register by March 18, 2025. To sign up, visit:

<https://register.lakesidetraining.org/performcare-workshops-winter-2025>

Free training and continuing education units (CEUs)

LCSWs, LSWs, LPCs, and LMFTs may earn **four CEU credits** (pending approval). Registered participants will receive an emailed session link from Lakeside Global Institute the week before the training.

For help with questions, please email Stacey Rivenburg at srivenburg@performcare.org.

¹“Trauma-Informed Care and Cultural Humility in the Mental Health Care of People From Minoritized Communities,” National Library of Medicine, <https://pmc.ncbi.nlm.nih.gov/articles/PMC7011220>.



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