Counselors Are Often Unprepared to Identify and Treat Race-Based Trauma

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In a *Journal of Multicultural Counseling and Development* study that included 106 counseling professionals, 71% of participants reported working with clients who had symptoms associated with race-based trauma, but 67% indicated they had not received training to identify race-based trauma among individuals of color, and 81% indicated they had not received training to treat race-based trauma.

The findings highlight the disparities between health care and the provision of related services. More research is needed on racism, racial discrimination, and race-based trauma, as well as effective training and treatment models.

**Additional Information**


**About Journal**
Journal of Multicultural Counseling and Development (JMCD) is the official journal of the Association for Multicultural Counseling and Development (AMCD), a division of the American Counseling Association.

Journal of Multicultural Counseling and Development (JMCD) is concerned with research, theory, and program applications pertinent to multicultural and ethnic minority interests in all areas of counseling and human development.

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