To be Young, Gifted, Black and Tired: Identifying and Recovering from Racial Battle Fatigue

LaTonya Summers
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Dr. LaTonya Summers is an award-winning assistant professor of clinical mental health counseling at Jacksonville University. There, she brings 24 years of clinical mental health and addictions counseling experience, and conducts research on multicultural issues in counseling and supervision. Her work is featured in scholarly journals and at international and national professional conferences. She is the author of Multicultural Counseling: Responding with Cultural Humility, Empathy, and Advocacy, a textbook that will be released in 2022.

Dr. Summers founded the national annual Black Mental Health Symposium, a conference aimed to equip mental health professionals with culturally-specific skills to improve mental wellness in Black communities. She serves as the president of the Florida Association for Multicultural Counseling and Development.

March 1st, 2021
Monday
6.00 - 7.30 pm
Via Zoom
CLICK HERE

This virtual workshop is offered for all students who are enrolled at App State.

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DESCRIPTION OF THE WORKSHOP

Nina Simone’s 1970 song “To be Young, Gifted and Black” become the anthem of the Civil Rights Movement. Today’s Black students are navigating through this second Civil Rights Movement on top of a pandemic and economic crisis with their youth, giftedness, and Blackness being challenged by fatigue. This exhaustion is not just physical. It’s physiological, psychological, spiritual, and emotional—and it has a name—Racial Battle Fatigue (RBF). RBF is the result of living in racially and culturally-irreverent environments. In this talk, Dr. LaTonya Summers will share her own racial identity development as she matriculated from the ghetto to ASU to the Ivory Tower as a Black professor.

GOALS AND OBJECTIVES:

At the conclusion of this workshop, participants will:

- Define Racial Battle Fatigue and microaggressions, microinvalidations, microinsults
- Illustrate RBF through Dr. Summers’ own journey
- Encourage students to identify symptoms and experiences
- Discuss how to address RBF and recover

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