



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM



### ABOUT THE PRESENTER

#### **Kimberli Porter, LMFT, M.Ed., PhD.,**

is a Licensed Marriage and Family Therapist with advanced degrees in Education and Metaphysics.

She specializes in culturally responsive mental health care and has over 10 years of experience providing therapy, training, and consultation for professionals serving African American communities.

Her expertise bridges evidence-based clinical practice, cultural humility, and holistic wellness approaches.

### REGISTER HERE

#### **\*Zoom link will be sent after registration**

*If you have a reasonable accommodation request, or grievance regarding an AATA training, please email at:*

[customerservice@pathwaystowellness.net](mailto:customerservice@pathwaystowellness.net)

For assistance with registration & other inquiries:

[aata@pathwaystowellness.net](mailto:aata@pathwaystowellness.net)

<https://aata.pathwaystowellness.net/>

## Language of Safety: Trauma-Informed Communication & Nervous System Regulation

### COURSE DESCRIPTION:

This workshop explores how language, tone, and presence can either reinforce threat or communicate safety to the nervous system. Participants will learn practical, trauma-informed communication strategies rooted in polyvagal theory and somatic psychology to support regulation and connection in clinical, educational, and community settings. Emphasis will be placed on recognizing activation cues, using co-regulation in dialogue, and fostering safety through relational attunement.

### TARGET AUDIENCE:

ACBH Staff, Contracted Community Based Organizations, and Mental Health and SUD Providers.

### MEASURABLE LEARNING OBJECTIVES:

- **Identify** three ways the autonomic nervous system influences communication.
- **List** four principles of trauma-informed language that promote safety and regulations
- **Explain** two techniques for co-regulation and grounding during client interactions.
- **Apply** at least three strategies for reducing activation or shutdown in real-time conversations

**FRIDAY  
JANUARY 30, 2026  
9:00AM to 1:30PM**

**3.5 HOURS CE CREDIT**

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test

**Sponsor & Partner:**  **Behavioral Health  
Department**  
Alameda County Health

Continuing Education (CE) credit is only provided for Alameda County and ACBH contracted Provider staff. This course meets the qualifications for 2.0 hours of CE credit for LCSWs, LMFTs, LPCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care (ACBH) is approved by the California Assoc of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0626; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: to receive CE credit, it is the participant's responsibility to attend the full training, sign in and out, achieve a score of at least 70% on the post-test(s), and complete the evaluation. No partial credit can be given. CE Certificates will be emailed to qualifying participants within 30 days of the training.