



AFRICAN AMERICAN TECHNICAL ASSISTANCE & TRAINING PROGRAM

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



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

For assistance with registration & other inquiries:

aata@pathwaystowellness.net

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