

PROFESSIONAL DEVELOPMENT FOR 2023



Shaping the cultures we want from the roots up even when it's prickly!



Trauma can be a universal experience impacting us individually, ancestrally, historically, physically as well as socially with such events as COVID changing our daily living and getting in the way of our wellness. Do you work with trauma-impacted populations? Are you dealing with organizational trauma with high burn out and high turn over? Are you a trauma-informed/culturally aware organization? This professional development support may be exactly what you need to shape or further shape the cultures that allow increased productivity and collective wellness.

SERVICES

- TEAM CHECK-IN/ SUPERVISION
- DEVELOPMENT OF TEAM OPERATING STRUCTURES (POLICY & SYSTEMS)
- TRAININGS/WORKSHOPS
- PROGRAM DEVELOPMENT
- CULTURE & ENVIRONMENTAL ASSESSMENT (DEIJ & B LENS)
- LEADERSHIP COACHING & SUPPORT
- WORK RETREATS & STRATEGIC PLANNING

TRAININGS & WORKSHOPS

(NOT AN EXHAUSTIVE LIST)

- INTEGRATING TRAUMA-INFORMED/REDUCING CARE + CULTURAL HUMILITY BEST PRACTICES
- A NEW LENS: TRAUMA- REDUCING AND INCLUSIVE MANAGEMENT
- SUPPORTING SEXUAL ASSAULT/ INTIMATE PARTNER VIOLENCE SURVIVORS WITH TRAUMA-INFORMED INTERVIEWING
- SHAPING INCLUSIVE WORKPLACES
- LGBTQIA+ 101
- RESPONDING TO INTIMATE PARTNER VIOLENCE IN THE LGBTQIA+ COMMUNITY
- COMMUNICATION ACROSS CULTURES
- SELF-CARE, BOUNDARIES, AND REPAIR: KEYS TO DE-ESCALATION IN THE WORKPLACE
- SELF-CARE TOOLS FOR MANAGING STRESS
- EN VIVO SESSIONS: SKILL DEVELOPMENT THROUGH PRACTICE
- MONTHLY DEI & TRAUMA AWARENESS + DISCUSSION SESSIONS

"As a professional, she (Ebony) is on top of all the details, utterly reliable, flexible, and delivers her expertise with centeredness and compassion, which is reassuring to her audience. As a person, she is passionate, kind, and humble. She is a fantastic communicator and is uniquely capable of "holding space" for difficult conversations."

Ping Ho, Founder
UCLArts and Healing Initiative

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Ebony Williams, LMFT, MFA
Founder, Root Wellness Healing

Ebony Williams, LMFT is a Black, queer, first generation woman who is also a licensed marriage and family therapist, social emotional healing arts instructor, and a trauma-informed yoga teacher. She created the Ragdoll Project while earning an MFA in Writing at the California Institute of the Arts and has facilitated workshops on both the East and West coasts for trauma survivors and individuals navigating life challenges that range from sexual and domestic violence, grief and loss, LGBTQIA identity, and living in communities challenged by violence. Ebony also earned a Masters in Marriage and Family Therapy with a specialization in African American Family Studies. As a therapist, Ebony has worked with adults across the spectrum of age, identity, and experience as well as with children and their families as they navigate a range of challenges from trauma, foster care, learning differences, family transitions such as divorce to name a few. Ebony has a background in education as both a teacher and administrator. Currently, Ebony teaches in the cultural psychology LGBTQIA+ specialization at Pacific Oaks College and the SEA Certificate Program through UCLArts and Healing Initiative. Ebony has a small private therapy practice offering individual, couples, and group/circle work that aims to be trauma-reducing and healing centered. In addition, Ebony is also the founder of Root Wellness Healing, a leadership and organizational wellness consulting practice.

"Ebony is committed to doing great work that has a positive impact on participants and the broader world. Her work reflects care and compassion for those doing the work, as well as the communities they serve. She is capable of holding the perspectives of both and valuing their needs. She is a true collaborator and her depth of knowledge always elevates our work."

Hillary Johnson, PHD
Chief Executive Officer
A Thousand Joys

"Practitioner Ebony Williams came to our community to provide best practices and tools for managing stress during this unprecedented time. The interactive workshop afforded staff and faculty an opportunity to "breath out loud" in the literal sense a sigh of relief, solidarity and collective healing."

Kari E. Bolen
Chief Diversity, Equity, and
Inclusion Officer
Pasadena City College

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