

# From Rupture to Restoration: Attending to Cultural Rupture Trauma

## A free workshop with Dr Bianca Augustine-Akogu, CCTP, LPC

Explore ways to attend to cultural ruptures and resulting trauma within therapeutic and learning environments through cultural humility and trauma-informed frameworks. In this interactive presentation, we will explore the traumatic impacts of cultural ruptures, and will explore the application of healing-centered approaches grounded in cultural humility to foster the repairs of such ruptures. The ways in which cultural ruptures perpetuate and activate trauma will be examined. Cultural ruptures are often perpetuated unintentionally, and are a pervasive occurrence in an ever-changing, diverse world. Intergenerational trauma is often produced and/or worsened through cultural ruptures that go unrepaired. This results in the harmed individual(s) experiencing feelings of isolation, invalidation, loss of identity, diminished sense of belonging, disconnection from ancestral knowledge and meaning-making, and the erosion of relational safety, to name a few. Attendees will be provided with specific interventions and approaches to tending to and healing these wounds through trauma-informed, healing-centered, multiculturally responsive, and liberation-oriented paradigms. Case examples will also be used to foster the application of these concepts and provide practical tools for healing cultural ruptures.



GRADUATE & PROFESSIONAL PROGRAMS

Friday, February 27,  
2026

1-4 pm ET

Virtual

**3 CE hours available**

**Following the seminar,  
participants will be able  
to:**

1. Recognize and describe the traumatic impacts of cultural ruptures
2. Apply trauma-informed, healing-centered concepts to foster the repair of cultural ruptures
3. Describe concepts relevant to trauma-informed, healing-centered practices
4. Practice healing-centered interventions to foster relational safety

Registration is open to all. Visit <https://emu.edu/graduate-counseling/continuing-ed> to fill out the registration form.

Point of Contact: Sarah Pace (540)432-4243 [sarah.pace@emu.edu](mailto:sarah.pace@emu.edu)

1200 Park Rd. Harrisonburg, VA 22802 <https://emu.edu/graduate-counseling/>

# From Rupture to Restoration: Attending to Cultural Rupture Trauma

**Dr. Bianca Augustine-Akogu, CCTP, LPC**, is a Licensed Professional

Counselor based in Virginia, where she provides care to an array of clients in private practice. Holding a Ph.D. in counselor education and supervision from Old Dominion University in Norfolk, Virginia, Dr. Augustine-Akogu earned her bachelor's degree in psychology and a Master's of Arts in psychology with a counseling concentration from McNeese State University in Lake Charles, Louisiana.



Currently serving as a Clinical Assistant Professor at William and Mary in Williamsburg, Virginia, Dr. Augustine-Akogu enjoys preparing future counselors and counselor educators to enter the field and involving them in her research. Her expertise lies in mental health counseling, particularly with individuals from oppressed identity groups, with an emphasis on those across the Black diaspora and those with sexual/affectional and gender-expansive identities. Additionally, her counseling practice encompasses areas such as wellness through liberatory practices, sexuality, relationships, identity development and affirmation, trauma, and grief. Her research interests span various other areas, including Acceptance and Commitment Therapy for racialized trauma treatment, intergenerational racialized trauma and resilience/resistance, creative interventions in counseling, and the experiences of marginalized groups in counselor education and supervision programs and the profession.

With a rich professional background that spans teaching at the undergraduate, master's, and doctoral levels, Dr. Augustine-Akogu has also worked with clients of diverse ages in agency, inpatient, in-home, hospital, and private practice settings, with a primary focus on trauma and identity-related concerns. Passionate about counseling and teaching through a social justice and anti-racist lens centered on liberation, celebration, and affirmation, she integrates the principles of Acceptance and Commitment Therapy and the African philosophy of Ubuntu into her practice.

Dr. Augustine-Akogu's commitment to advocacy and social justice is further evidenced by her involvement in various other professional roles. She currently serves on the editorial board for the Journal of LGBT Issues in Counseling and contributes to the Research and Scholarship Committee of the Association for Counseling Sexology and Sexual Wellness, among other professional leadership appointments. Her active participation in local, regional, national, and international presentations aligns with her values of advocacy, social justice, and enlightenment.

Through her various professional roles, Dr. Augustine-Akogu strives to destigmatize mental health and forge stronger connections between mental and physical healthcare through the affirmation and celebration of diverse identities and enhanced delivery of trauma-informed services, care, and consideration across different settings.



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