

# Keynote Speaker - Bio and Learning Objectives

## Overview

Creative Kuponya Therapists have a combined 30-years of mental health and educational experience. With this professional insight we understand the importance of addressing all stakeholders in the educational ecosystem. More specifically, our work centers addressing the triggers of historical trauma in order to thoroughly process pain and disrupt the cycle of passing it on. Through the course of this presentation, we will engage in communal practices to take into our work to settle our nervous systems so we can show up holistically well.

## Facilitator:

Jamil Stamschror-Lott, MSW, LICSW | [jamil@creativekuponya.com](mailto:jamil@creativekuponya.com) | 612-208-7311



Jamil has been a professional public speaker for over a decade. As a Black Man and mental health professional in America, he makes up less than 4% of therapists. Jamil owns Creative Kuponya in Minneapolis, providing mental health care to those that society has pushed to the margins. In 2020, Creative Kuponya's office was set ablaze in the unrest after the murder of George Floyd, igniting an even deeper passion for justice within Jamil. That summer, Jamil did what he does best...he began providing Transformative Healing Sessions and Keynote Addresses in parks and community spaces to educate on the intersection for mental health, diversity, equity and inclusion. Jamil has spoken for major universities, health care companies, law firms and corporations such as Caribou and TC Diversity in Practice. Jamil and his work has been featured in publications such as USA Today, Rolling Stone, and The New York Times.

## About Creative Kuponya:

Creative Kuponya seeks to be a community with access to restructured, innovative mental health care at the intersection of Diversity, Equity and Inclusion through three main avenues: individual therapy, transformative community healing sessions, education & training. Creative Kuponya seeks to dismantle the systemic racism and oppressive forces that are embedded within our mental health systems and provide therapeutic justice to those that society has pushed into the margins.

We plan to facilitate an educational conversation regarding the intersection of DEI and mental health as it relates to holistic mental wellness for educators centering Oppressive Trauma Informed Care.

## Learning Objectives:

- Understanding racialized and historical trauma.
- How educators can transform their trauma by engaging in radical healing.
- Understanding the need for System Accountability.
- Action steps to create spaces for healing for educators.