

Using Literature to Foster Positive-Self Concept: Fostering Resilience in a Time of Ongoing Collective Trauma

As children navigate the COVID-19 pandemic and the ongoing pandemic of racial trauma, counselors are equipped to provide trauma-informed care, including through remote modalities. Counselors who provide counseling to students of color during the dual pandemics and after need tools to address racial trauma, and to promote the development of resilience and positive self-concept for students of color. Through a transformative-sequential mixed methods analysis that includes pragmatic qualitative research design, this study aims to understand counselors' perceptions of students' stress, efficacy, confidence and self-concept.