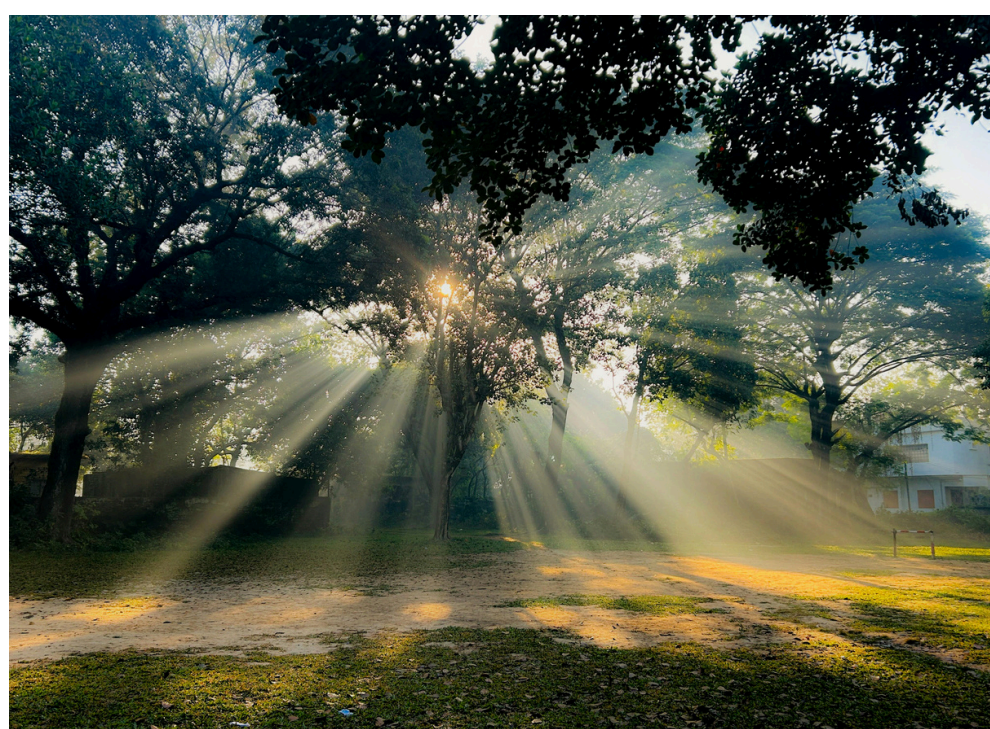


"It Was Just an Accident": What No One Tells You About Healing After a Motor Vehicle Accident

August 13, 2026

10:00-11:30am MT

"I didn't want to make a big deal out of it." "I thought I was fine." "I just wanted to move on." After a motor vehicle accident, one of the most common and least talked-about responses is minimization, pushing through, downplaying symptoms, and delaying or avoiding support altogether. This session challenges that silence. Latoya Reid, Registered Social Worker and Clinical Director of ReiDefine Wellness, will speak candidly about the physical, psychological, and relational toll of MVAs, why healing is not optional, and why seeking a psychological assessment is not only appropriate but often critical, both for your wellbeing and for any formal claim. Through a trauma-informed and decolonial lens, this session affirms that accessing care after an accident is not a privilege. It is a right.



Learning Outcomes:

- Understand why minimizing an MVA is common, culturally reinforced, and why it can have lasting consequences for physical health, mental health, and legal standing
- Recognize the full spectrum of MVA-related trauma, including delayed onset symptoms, PTSD, chronic pain, anxiety, and relational impact, and know what these are expected, not exceptional
- Learn why a psychological assessment matters: how it documents impact, validates lived experience, strengthens a formal claim, and creates a baseline for understanding long-term effects
- Feel empowered to seek culturally safe, trauma-informed support without shame, delay, or self-justification, and know what support should look and feel like

Speakers:

Latoya Reid is a Registered Social Worker and the Clinical Director and Co-Founder of ReiDefine Wellness, a trauma-informed, decolonial practice serving clients across Alberta, Ontario, and Saskatchewan. With deep clinical experience supporting Black, Indigenous, and racialized communities through trauma, injury recovery, and navigation of complex systems, Latoya brings both professional expertise and personal groundedness to this conversation. She is known for speaking plainly about what is often left unsaid in healthcare spaces, including the right to grieve, the right to be assessed, and the right to heal on your own terms. Latoya's work in the health care field is largely tied to her role with First Nations Metis Health Services in Saskatchewan where she worked as a Health Educator, Addictions Counsellor and Community Assessor Coordinator.



Target Audience: This session is for anyone who has been in a motor vehicle accident and questioned whether their experience was "bad enough" to warrant support, and for those who walk alongside survivors.

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