

White Race Socialization and White Therapists: Treatment Considerations Surrounding Racial Traumas among BIPOC clients

Multicultural guidelines and ethical standards dictate that White therapists examine their own racial identity, privilege, and fragility to better serve BIPOC clients. Dr. Fatter will review current trends in multicultural competency and discuss the clinical cost of the therapist being 'colorblind'. This webinar will specifically focus on aspects of Whitesupremacy culture, White privilege, White fragility, and Helms' White racial identity model to help therapists self-assess their own White racial identity. Dr. Fatter will discuss clinical examples of ways 'whiteness' can show up relationally in clinical settings as well as skills needed to build racial stamina. In addition, Dr. Fatter will also describe examples of specific types of microaggressions that can damage the therapeutic relationship. Dr. Fatter will also discuss practical ways to bring up racial identity with all clients, practical ways to honor cultural strengths using a Community Cultural Wealth approach in therapy, and how to do a therapeutic repair when a relational rupture has occurred.

Target Audience
Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Report current trends in multicultural competency.
2. Describe qualities of White culture, White Privilege and White Fragility and ways they can show up in clinical work.
3. Identify 8 types of microaggressions that can show up when providing clinical services.
4. Learn 3 practical ways to address racial identity and experience with clients.
5. Describe how to do a relational repair.

Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is two 10 minute break. However, check the webinar schedule.

Outline

Begin 11 AM ET

- Report current trends in multicultural competency.
- Ethical and multicultural guidelines which support why White therapists need to look at our own White identity and role in systematic racism.
- What is White Supremacy Culture?
- Aspects of White Supremacy Culture
- Research on White Supremacy
- START WHERE YOU ARE: Helms Model of White Identity Development

BREAK 12:30-12:45 PM ET

- Ways that White privilege and fragility show up in clinical work: Microaggressions
- Multicultural Competency in Session: Ways to bring up race and racial identity with clients.
- How to do a repair when a relational rupture has occurred.
- Things to be aware of when processing racial traumas with BIPOC clients.
- Applying a cultural-strengths approach in therapy.

End 2:15 PM ET

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Continuing Education Credit

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The Presenter

Dr. Daphne Fatter, PhD, is an IFS Certified licensed psychologist and an Approved IFS Clinical Consultant. She is also EMDR Certified and an EMDRIA Approved Consultant. With nearly two decades of experience, she specializes in trauma treatment, including PTSD, complex trauma, and grief. Dr. Fatter completed her doctorate at The Pennsylvania State University and a postdoctoral fellowship at the Trauma Center affiliated with Boston University School of Medicine under the supervision of Dr. Bessel van der Kolk, traumatic stress pioneer. She has authored works on trauma healing and is known for her insightful presentations worldwide. Based in Dallas, Texas, she provides consultation to clinicians in her private practice.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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tzkseminars, LLC
2110 South Eagle Road
P.O. Box 310
Newtown, Pa. 18940