

# 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 White supremacy 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

The webinar outline is attached. See the Live Webinar page for the start and end times.

| Outline                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Begin 11 AM ET                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <ul style="list-style-type: none"><li>• Report current trends in multicultural competency.</li><li>• Ethical and multicultural guidelines which support why White therapists need to look at our own White identity and role in systematic racism.</li><li>• What is White Supremacy Culture?</li><li>• Aspects of White Supremacy Culture</li><li>• Research on White Supremacy</li><li>• START WHERE YOU ARE: Helms Model of White Identity Development</li></ul> |
| BREAK 12:30-12:45 PM ET                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <ul style="list-style-type: none"><li>• Ways that White privilege and fragility show up in clinical work: Microaggressions</li><li>• Multicultural Competency in Session: Ways to bring up race and racial identity with clients.</li><li>• How to do a repair when a relational rupture has occurred.</li><li>• Things to be aware of when processing racial traumas with BIPOC clients.</li><li>• Applying a cultural-strengths approach in therapy.</li></ul>    |
| End 2:15 PM ET                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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## The Presenter

Daphne Fatter, Ph.D., is a licensed psychologist, clinical consultant, author, and international speaker specializing in integrative trauma-informed therapies. She is the author of Integrating Internal Family Systems Interventions into EMDR Therapy and is widely recognized for her expertise in blending parts work with evidence-based trauma modalities. Dr. Fatter is EMDR certified, an EMDRIA Approved Consultant, and has over twenty years of experience providing trauma treatment. As a certified ancestral healing practitioner, she also supports clients and clinicians in addressing intergenerational and historical trauma. Dr. Fatter earned her Master of Arts in Transpersonal Counseling Psychology from Naropa University and her doctorate in Counseling Psychology from Pennsylvania State University. She completed a postdoctoral fellowship in Clinical Psychology at The Trauma Center under the direct supervision of Dr. Bessel van der Kolk, M.D. She previously served as the Military Sexual Trauma Coordinator at the Fort Worth VA Outpatient Clinic. Her published works span the areas of Internal Family Systems therapy, EMDR, countertransference, mindfulness, and ancestral healing.

Grounded in the understanding that traumatic stress is multilayered—relational, developmental, biological, cultural, systemic, collective, historical, and spiritual—Dr. Fatter brings a neuroscience-based, compassionate, humble, and skills-based approach to professional education. She offers engaging workshops, webinars, and trainings on a range of trauma-related topics, including PTSD, complex trauma, complicated grief, and divorce recovery.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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