

# The Impact of Poverty

This workshop will provide an overview of what life is like when one lives in poverty or close to it. It will start with an opportunity to reflect on one's socioeconomic upbringing and how this impacts one's ability to work with lower socioeconomic individuals. The presenter will share information about the prevalence of poverty and populations most impacted by it. The presenter will also discuss the lasting impact of poverty on one's educational, occupational, and physical health. Lastly, the presenter will discuss strategies to engage lower socioeconomic individuals in therapy.

It's essential for clinicians to understand the impact of poverty, especially for those working with marginalized populations and those working in underserved areas. Many families are living below the poverty line or near it and it's important to understand the accompanying stressors to better serve lower socioeconomic individuals. Without this knowledge, it can be challenging to effectively support individuals these individuals.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

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

1. Describe how their socioeconomic lens impacts their work with individuals living in poverty.
2. Describe the impact poverty has on one's health.
3. Identify the three components of self-compassion.
4. Describe how poverty impacts help seeking behaviors for individuals living in poverty.
5. Identify class issues in therapy.

## Seminar Schedule

Begin 10AM EST and end 2:15 PM, with a 15 minute break at 11:45.

## Outline

10:00(EST) - 10:30 Introduction, our socioeconomic lens, defining poverty

10:30 - 11:45 Poverty in the United States

11:45 - 12:00 Break

12:00- 1:15 The impact of being poor

1:15 - 2:00 Issues in therapy with low-income individuals

2:00-2:15 Closing, Q&A

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 4 CE's for attending once they have completed these requirements.

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## The Presenter

Nicole Klasey is a clinical psychologist who has worked with trauma survivors for 14 years. She currently consults with agencies on trauma-informed care, programming for commercially sexually exploited youth, vicarious trauma, and leadership development. Nicole has been training multidisciplinary audiences on trauma-related topics since 2015 and provides guest lectures at local universities on human trafficking. She has developed several of the training curriculums that are being utilized in Los Angeles County and throughout California to better equip social service providers on working with commercially sexually exploited youth. She has been an expert witness on commercial sexual exploitation and trauma in court. She has authored two books on commercial sexual exploitation and authored prevention and intervention curriculums for the population. In 2018, Nicole was awarded the State of California Senate Certificate of Recognition by Senator Joel Anderson.

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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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