

# 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, Menakem's H-I-P-P theory of how historical trauma is somatically held in the body will be presented to better understand the typical nervous system response in a White body and ways White therapists can work with their own somatic countertransference reactions when working with BIPOC clients. 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 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 3:20 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.

BREAK 12-12:10 PM ET

What is White Supremacy Culture?

White privilege & White fragility

START WHERE YOU ARE: Helms Model of White Identity Development

Menakem's H-I-P-P theory and White Body Supremacy.

Ways that White privilege and fragility show up in clinical work:

Microaggressions

BREAK 1:30-1:40 Pm Et

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.

End 3:20 PM ET

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### Continuing Education Credit

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## The Presenter

Daphne Fatter, Ph.D. is a mid-career psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. She is also certified in EMDR and has completed advanced training in Cognitive Processing Therapy. She draws on her background in transpersonal psychology, Taoist and Buddhist meditative practices, and clinical work with traumatic memory, grief, and attachment wounds to guide trainings for other psychotherapists. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University and completed her clinical internship at the University of Tennessee Counseling Center. She completed a postdoctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the direct supervision of Dr. Bessel van der Kolk, MD. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She has trained with Challenging Racism to facilitate discussions on racism. She is also a certified ancestral medicine practitioner based on the work of Dr. Daniel Foor, Ph.D. She is currently in private practice in Dallas, Texas and practices from an anti-racist, queer-inclusive, and culturally mindful framework. Contact Dr. Fatter directly for opportunities for consultation at [info@daphnefatterphd.com](mailto:info@daphnefatterphd.com)

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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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