

Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy

Theory, Strategies and Practicum Experience

Social identity is a profound dimension of how people know themselves and find meaning in the world— positive *and* negative. As a client once said, “social forces often define you in life before you can define yourself”. Gender, race/ethnicity, age, appearance/ability, socio-economic class and sexual orientation are common socially salient factors .

Internalized stigma impacts many of our clients including those that feel stigmatized for the very conditions they seek treatment for *or* for seeking help at all. The insidious nature of stigma makes it often invisible to both client and clinician.

The impact of past discrimination in our clients can be understood and treated effectively with added awareness and specific strategies throughout the 8-Phase EMDR treatment approach. The workshop will help identify client manifestations of stigma including internalized oppression and externalized prejudice toward others as they link to client difficulties. Keys to assessment, preparation and target selection will be covered.

Research supported information and theory from the fields of social psychology and social work will be integrated within the AIP model to predict the profound and unique capacity EMDR offers for addressing culturally based trauma.

Relevant theory and practical strategies will be illuminated by case examples including clips from **video-taped clinical sessions**.

This workshop will increase your cultural awareness and effectiveness.

Presented by Mark Nickerson LICSW

Friday, January 29, 2016 · 8:30 am to 5:00pm

Location: Tulane School of Social Work,
127 Elk Place, New Orleans, LA 70112

Local sponsor: **Carol Miles** (cmiles@tulane.edu)

7 credits: EMDRIA, LCSW, LMFT, LMHC, LPC, NBCC approved lic.

Theory and Practice:

This will be an active workshop. Core concepts will be conveyed in four hours of didactic presentation and discussion. Three hours are devoted to two structured practicums for deeper learning. During each practicum, participants will be both “therapist” and “client”. Safety and confidentiality will be maintained. I have found that this is how these concepts are best grasped.

8:30am: Presentation: Core Concepts, Video examples

10:30am: Practicum: Embracing culture, reprocessing culturally based wounds

12:15pm: Lunch

1:15pm: Presentation : Part 2

2:45pm: Practicum: Dismantling a prejudice

4:30pm: Whole group discussion

5:00pm: Closing

Content includes:

- Definition of concepts
- Relevance and client presentations
- Welcoming culture into psychotherapy
- AIP understanding of social identity
- Considerations across the 8 Phase Protocol
- Simple, effective Phase 1 Assessment questions
- Target selection strategies
- Video and other case examples

Integrated Theory and Research from the fields of social work and social psychology including:

- Evolution of social categorization
- Impact of social identity: benefits and difficulties
- "In-group"/"Out-group" implications
- "Higher status"/"Lower status" implications
- MRI findings in the prejudicial response
- Research on desensitization strategies
- Conclusion: EMDR can make a big difference!

Objectives- Participants will be able to:

1. Describe the concept of cultural competence and its relevance to EMDR therapy
2. Describe the relevance of cultural associations and social identities to overall client wellbeing.
3. List clinical examples of the internalized impact of discrimination/ stigmatization/ oppression
4. Integrate cultural considerations into assessment and case formulation
5. Select appropriate targets for topic-related resource desensitization/ reprocessing

"EMDR... can target the cultural transmission of racism, sexism, class expectations, and the increasingly narrow parameters of acceptable appearance, interests and personality. It can also transform the effects of the generational transmission of destructive beliefs, identities and emotional states.... We can help people accept themselves even when they are bombarded with external messages that they are unacceptable."
Robin Shapiro EMDR Solutions II

"...wanting to be non-prejudiced is not the same as being non-prejudiced."
Siri Carpenter "Buried Prejudice"

"For some, the impact of social stigma and discrimination is profound and internalized effects are central to their major life struggles. For others, the impact may seem peripheral yet is part of the small "it" glue that holds other difficulties in place with internalized negative beliefs."

Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA Standards. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required. Full completion of an EMDRIA Approved Basic EMDR Training is required.

Online registration at: markinickerson.com Questions? markinickerson@gmail.com

Name

Discipline and License #

Address

City, State, Zip

Email

Phone

Program Fees (includes 7 CEUs)
\$125 if registered by Jan 8, 2016
\$150 if sent **after** Jan 8, 2016
\$20 discount for Community Mental Health clinicians (30+ hours a week)
Full refunds until January 22; 75% after.

7 credits: EMDRIA, NASW, APA LMFT and LMHC (under review)

Level of EMDR Training

My payment of \$ _____ is enclosed.
Mail checks made payable to: Mark Nickerson, LICSW
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