



# ICP·TRAUMA

Institute for Contemporary Psychotherapy  
Trauma Studies Center

## Restoring Dignity: Addressing Culturally Based Trauma

Mark Nickerson, LICSW

Saturday, November 12th, 2016 • 9am—5pm

Cultural experiences and societal dynamics are fundamental dimensions of every human being's life. Hostile social forces of discrimination, stigmatization and oppression can define or confine an individual's sense of self and position in society. The impact of culturally based trauma can be understood and treated effectively with added awareness and specific strategies throughout the 8-Phase EMDR Treatment approach. This workshop will help identify client manifestations of internalized stigma/ oppression and externalized prejudice toward others as they link to client difficulties. Keys to assessment, preparation and target selection will be covered.

### An Opportunity to Practice What You Learn:

This will be an active learning experience. In addition to the didactic presentations and discussion, multiple practicum experiences will allow for deeper exploration of the core concepts and treatment strategies. Video-taped clinical sessions will be shown.

\*Completion of an EMDRIA-Approved Basic Training is a requirement to both attend this workshop and to receive EMDRIA CEUs\*

### About the Presenter



**Mark Nickerson, LICSW**, a psychotherapist in Amherst, MA for 30 years, is an EMDRIA Approved Consultant, EMDR Institute Basic and Advanced trainer, and 2014 President of the EMDRIA Board of Directors. Nickerson co-founded the Men's Resource Center of Western MA, a unique organization providing services and resources that challenge gender inequities and cultural oppression and has developed two award-winning programs designed to reduce and resolve interpersonal conflict. Nickerson is author/ editor of: Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Innovative Strategies and Protocols and the Wounds Within, an expose on the challenges for war veterans and their families.

### Continuing Education Information

\*The Institute for Contemporary Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Contemporary Psychotherapy maintains responsibility for this program and its content.

\*The Institute for Contemporary Psychotherapy is an NBCC-approved CE provider and may offer NBCC-approved clock hours for events that meet NBCC requirements.

\*The Institute for Contemporary Psychotherapy is recognized by the NYS Education Department State Board for Social Work as an approved provider of continuing education credit for licensed social workers

- ◆ This workshop is approved to offer 7 CEUs Credits
- ◆ This Workshop is approved to offer 7 EMDRIA Credits

### REGISTRATION:

General Admission \$125

Student/ ICP Trainee \$85

\* There is an additional \$15 charge for CEUs

\*There is an additional \$15 charge for EMDRIA

### DATE:

Sat, Nov 12th, 2016 9am-5pm

### LOCATION:

ICP Library  
1841 Broadway, 4th Floor

### FOR MORE INFORMATION:

Jenny Schenkler, Program Manager  
trauma@icpnyc.org