



GREEN PSYCHOLOGICAL SERVICES

Psychotherapy	Individual, Couples, Group
Consultation	Education, Mental Health
Supervision	Individual, Group



Dr. Carlton E. Green (he|him) is a licensed psychologist, trainer, facilitator, speaker, and consultant who seeks to engage people in identity-based conversations that lead to liberation. For almost 30 years, he worked in higher education settings holding roles in student activities, multicultural services, residence life, academic affairs, athletics, and counseling services in both public and private institutions.

Dr. Green earned his Ph.D. in Counseling Psychology and received masters-level training in Mental Health Counseling and Pastoral Ministry at Boston College. Dr. Green's dedication to diversity and inclusion facilitated his appointment as the Multicultural Post-doctoral Fellow in Counseling and Psychological Services at the University of Houston.

For 5 years, he served as a Staff Psychologist at the University of Maryland (UMD) Counseling Center. From 2018-21, Dr. Green was the Director of Diversity Training & Education in the Office of Diversity & Inclusion at UMD.

Dr. Green has also served as a national advisor to The Steve Fund, which is the nation's only mental health organization focused on the wellbeing of students of Color. Recently he was a featured speaker for a joint venture between the United Negro College Fund (UNCF) and The Steve Fun. At the HBCU Student Mental Health Conference, Unapologetically Whole, Dr. Green co-presented the session, Building Inclusive Communities: Gender and Sexuality Within the Black Community.

Dr. Green is also an active member in the American Psychological Association. His contributions to the field earned him a Rising Star Award at the 2019 National Multicultural Conference & Summit. In 2019, the Maryland Psychological Association recognized Dr. Green with the Grady Dale Jr. Award for Outstanding Contributions to Diversity in Psychology. Dr. Green was awarded the Committee on Sexual Orientation and Gender Diversity Outstanding Achievement Award from the American Psychological Association in August 2020.

Title: Therapeutic Tools for Treating the Trauma of Racism

Description: People of Color presenting for therapy often have concerns that are influenced by racism and racial trauma, which is the psychobiological response to the insidious, cumulative experience of race-related stress, discrimination, and terror (Bryant-Davis & Ocampo, 2006; Carter, 2007; Comas-Diaz, 2016; Hardy, 2013; Helms, Nicolas, & Green, 2010; Pieterse, 2018). However, many mental health professionals have not been trained to identify and treat the pervasive negative outcomes associated with racism (Hemmings & Evans, 2018). When race or racism is a salient factor in clinical relationships, it is possible that clients, clinicians, and supervisors may experience racial anxiety and other barriers to treatment. Racial anxiety, the elevated stress and emotion that individuals experience when interacting with people of other races, likely results in avoiding race-related topics and ineffective treatment (Godsil & Richardson, 2017) and unproductive working relationships (Jernigan et al, 2010). The presentation will take a scientist-practitioner approach to understanding, discussing, and addressing race-related issues in mental health settings through the integration of relevant research, theory, and practice. More specifically, the presentation is grounded in Helms' (1984,1995) racial identity theory. This session will focus on assisting mental health professionals of different racial backgrounds identify how they respond to these traumatic occurrences, while providing considerations for professional practice.