



*The Delaware Psychological Association
presents:*

Two Trains Running: Whiteness and Racism in Psychotherapy

*Friday, September 9th, 1PM-4:15PM
UofD Audion Room, 100 Discovery Blvd.
Newark, DE 19713 (Virtual Zoom Option)*

*Presented by Carlton Green, Ph.D.
3 CE (EDI) Credits*

Register at depsych.org

PROGRAM DESCRIPTION

Addressing race and racism in mental health practice likely triggers racial anxiety (Bradley et al, 2019, Godsil & Richardson, 2017) for clinicians of all backgrounds. Because practitioners often receive minimal training for treating race-related stress and harm (Hemmings & Evans, 2018), many may believe that it is not in their purview to meaningfully conceptualize racial factors as pertinent to psychological distress or well-being. Yet, scholars have reported that racism costs all of us at the individual (e.g., Hargons et al., 2022; Mosley et al, 2021; Poteat & Spanierman, 2008; Spanierman et al, 2008) and societal levels (Jones, 2002; McGhee, 2021), even in the helping professions (e.g., Grzanka, Gonzalez, & Spanierman, 2019).

Of course, the psychotherapist has responsibility for providing racially-responsive treatment that addresses the racial harm experienced by their clients. Additionally, the therapist is equally responsible for monitoring and mitigating the impact of Whiteness on treatment (Hardy, 2022). Yet, practitioners may be more likely to attune to racism without being accountable to the impact of Whiteness on the counseling relationship and the counselor. This session will offer opportunities to understand how Whiteness and White racial identity development (Helms, 1984, 1995) inform the counseling experience for clinicians, which is pertinent to all clinicians given that training occurs in a White racialized context (Cabrera, Franklin, & Watson, 2016; Liu, Liu, & Shin, 2022). Additionally, participants will be invited to begin identifying strategies for managing Whiteness in order to promote healing.

WORKSHOP OBJECTIVES

At the completion of this workshop, you will be able to:

1. Describe concepts pertinent to Whiteness in psychotherapy.
2. List thoughts, feelings, and behaviors that are consistent with racial identity development schemas.
3. Apply strategies for fostering racially-responsive treatment relationships.

ABOUT THE PRESENTER

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.



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TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high-quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

PLEASE TAKE NOTE...

“Two Trains Running: Whiteness and Racism in Psychotherapy” sponsored by the Delaware Psychological Association, has been approved for 3 CE credits. This workshop will meet the criteria for the newly mandated equity, diversity and inclusion (EDI) licensing requirement. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

REGISTRATION

Please register online at depsych.org. If you have registration questions, please email delpsychology@gmail.com or call us at 302-475-1574.

Registration Fees:

DPA Members	\$75 (Optional \$25 Donation)*
Non-Members	\$105 (Optional \$25 Donation)*
Students	\$45

*If you would like to make a \$25 donation to the Equity, Diversity, and Inclusion in Psychology Scholarship Fund, you can do so upon registration on our website at depsych.org.

The DPA recognizes the study and practice of psychology exists within a majority culture that does not afford equitable access and opportunity to all and is striving to actively dismantle policies and processes that oppress individuals and groups. In our effort to shift systemic inequalities and foster inclusion and equality, we are starting a fund that will provide yearly grant awards to students and professionals of color at the secondary, undergraduate, graduate, and post-doctoral levels as well as

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established professionals and career changers. Awards may be used for a variety of pursuits, that may include, but are not limited to the following:

- Conference fees and travel.
- Clinical consultation support.
- Research support.
- Dissertation consultation support.
- Professional licensure test fees (EPPP, ABPP).
- Test prep materials (GRE, EPPP).
- Other.

CANCELLATION POLICY

Cancellations received by September 5, 2022, will be refunded in full. No refunds will be granted after September 5, 2022.

IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE THREE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE SIGNING IN TO THIS WEBINAR MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR SIGNING OFF BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT.



*The Delaware Psychological Association endorses
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