

Conference or workshop summary

Conference or workshop name:

Conference or workshop date:

**Essential Elements for Working with Racial Trauma:
Incorporating Critical Consciousness in Clinical Practice**

11/05/2022

Please list all sponsoring organizations (if applicable) for this conference or workshop.
Click on “add another response” to add multiple sponsoring organizations.

Sponsoring organization:

Psychological Association of Western New York

Conference or workshop details

Goals and objective: The clarity and nature of the conference or workshop goals and objectives and how they will enhance the training of faculty and supervisors of graduate students, interns, and/or postdoctoral fellows in psychology:

This workshop is part of the 2022-2023 PAWNY Educational Calendar. Our goal each year is, in collaboration with our PAWNY Anti-Racism Task Force, to bring to psychologists and doctoral student members of our organization cutting edge, evidence driven topics on race, racism, and cultural issues in clinical practice. The 3 CE workshop we are offering online will focus on racial trauma as a type of psychological outcome experienced by people of color in response to experiences of racism. Various types of racial trauma will be identified, and a review of the current literature associated with the assessment of racial trauma will be provided. The program will identify important elements for clinical practice when responding to racial trauma and will focus on an important therapist attribute - critical consciousness - as a fundamental and essential variable for effective racial

trauma intervention and prevention.

Leadership: The qualifications of the person(s) identified to plan and lead the event, relative to the topic of focus. Included in the qualifications should be evidence of national or regional leadership (e.g., publication of relevant scholarly works, participation in past workshops, etc.):

Alex Pieterse, PhD, received his PhD in Counseling Psychology at Teachers College, Columbia University in New York City. He is currently an Associate Professor in the Counseling, Education, & Developmental Psychology Department and the Director of the Institute for the Study of Race & Culture at Boston College. He is actively involved with research related to the psychosocial aspects of race & racism, racial trauma, and anti-racism training and self-assessment and has been the recipient of a number of substantial grants to support his research. He has written numerous articles for publications such as *Counseling Psychology Quarterly*, *Cultural Diversity and Ethnic Minority Psychology*, *Psychotherapy*, *The Clinical Supervisor*, *Ethnicity & Health*, and the *International Journal of Culture and Mental Health* to name a few. He co-authored a book with R.T. Carter, *Measuring the Effects of Racism: Guidelines for the Assessment and Treatment of Race-Based Trauma* (New York, NY, Columbia University Press) and has written over 10 book chapters in other published books on racism, inequality, dismantling systems of oppression, and multicultural issues. Dr. Pieterse has presented at over 20 conferences in the past 10 years. He also maintains a psychotherapy practice in Albany, NY. He came to our attention after a number of PAWNY members heard him provide a thought provoking and engaging keynote address entitled *Engaging Racial Diversity in Clinical Practice: Moving from Fear to Freedom*

Participants: The qualifications of conference or workshop participants relative to the topic of focus, including their potential for implementing outcomes of the conference or workshop toward enhancing graduate education):

We plan to market this workshop to psychologists across NYS and to our local doctoral students and interns who may or may not be PAWNY members. Buffalo has two doctoral psychology programs and many of our members are psychologists and supervisors at SUNY at Buffalo and Medaille University. We also have two APA approved internship sites, one at the Buffalo VA and the other at SUNY Buffalo's Counseling Services. We will be reaching out to psychologists who are involved in the doctoral training programs and internship programs to invite them to attend this program for their own clinical and supervisory training as well as to ask them to invite their doctoral students and interns to attend. We try to provide our programs to students at a greatly reduced cost and, if we were to receive this grant, our goal would be to offer this program at a very low cost of \$20.00 for doctoral psychology students and psychology interns at our local sites.

Impact: The estimated or potential impact of the conference or workshop in terms of the diffusion of new ideas resulting from its outcomes in the education community appropriate to the proposal's focus:

Given the nature of this workshop, the widespread problem of racism in our country, and the damage to the mental health of our Buffalo community who were traumatized by the racially motivated mass shooting on May 14, 2022, we believe that this topic has the potential to provide both students and established clinicians with the understanding and tools to address these issues with our clients more effectively and with more compassion. We expect that Dr. Pieterse's presentation

will present us with ways to develop our self-awareness and put into action strategies to reduce racism and racial trauma in our clinical work. The stated goals of this workshop are as follows: At the end of the program participants will be able to: 1. Identify five psychological outcomes associated with the experience of racism as informed by the empirical literature; 2. Describe five elements of clinical practice associated with effective racial trauma intervention and prevention; 3. List three behavioral approaches to developing critical consciousness associated with the development of a mature racial identity and the adoption of an anti-racist approach to clinical practice.

Budget: The clarity and completeness of the conference or workshop budget, how realistic it is, how the grant funds are to be used to offset expenses incurred (e.g., travel, registration, speaker fees), as well as provide strong justification for the requested amount and whether the conference or workshop can be offered without BEA funding:

Our budget for this CE workshop is approximately \$2310.00. Dr. Pieterse's speaking fee is \$2000.00, the cost to advertise across the state with NYSPA is \$250.00, and we have an administrative assistant who provides the CE Certificates once the program evaluation is completed (\$60.00). We would need 30 participants paying an average of \$76.00 each to break even on this program (we have different registration rates for PAWNY members and Non-PAWNY members). As we are in our second year of offering NYS CEs, we are unsure if this program will have the 30 participants we need to break even. Last year, our ARTF diversity workshop had fewer than 20 attendees but we did not advertise statewide as we plan to do this year. As a Not-for Profit organization, PAWNY tries to keep prices low while bringing in enough income to cover the costs of each program. We are applying for BEA funding this year so we can offer a much reduced registration fee (\$20.00) for our PAWNY student members and for those doctoral students and interns who are not already PAWNY members. We believe that by offering this program, we will be providing graduate students with valuable training to aid in their careers and professional development. We also hope to engage them with our organization so they can benefit from the resources, mentoring, and training opportunities that PAWNY regularly provides. We thank you for your consideration of our application.