

Short Course



Psychotherapy in Black & White: Anti-Black Racism in Black Client/White Therapist & Black Therapist/White Client Dyads

with Laurie Paul, PhD

Fulfills 3 Diversity Credit Requirements

In this workshop we will review the research on Black-White interpersonal dynamics and how they relate to our therapeutic work. We will review research on various types of anti-Black racism exhibited by White Americans in their interactions with Black Americans in general and in the psychotherapy context. For instance, there is strong research support for a particular type of unintentional racism exhibited primarily by highly educated, liberal White people who consciously identify as non-racist. There is also research showing that many White people believe they can conceal their racism in interpersonal interactions with Black Americans. But the research reveals that most Black Americans can see through Whites' unconscious defenses around race and may see bias in Whites that Whites don't even see in themselves. The consequences of White people who are unable to address their unconscious racist beliefs are actually far-reaching in the lives of Black Americans, ranging from police violence, employment decisions, psychotherapy outcomes, and more. We will examine how these dynamics apply to the therapy context and what White therapists can do to confront their unintentional anti-Black bias and better serve their Black clients. The workshop will also review the research on psychotherapy process between Black therapists and their White clients.

At the end of this presentation, participants will be able to:

1. Describe key research findings on the impact of race on psychotherapy process in Black Client/White Therapist and Black Therapist/White client dyads.
2. Compare various types of anti-Black racism.
3. Analyze clinical dilemmas in case studies of Black/White cross-racial therapy and how to address them.

This program is appropriate for clinicians at all levels of experience and offers 3 Diversity CEs.

About our Speaker:

Laurie Paul, Ph.D. is a licensed psychologist in DC, Virginia and Maryland. Dr. Paul graduated with her doctorate in clinical psychology in 2014 from The New School, an APA-accredited PhD program in New York City. While in graduate school, she spent 6 years as part of a research team studying how clients and therapists negotiate racial, ethnic, and cultural differences in psychotherapy. She also spent 5 years as part of a research team examining the psychological impact of breast cancer on lesbian and bisexual women and on Latina women, with a focus on social support, family support, and doctor-patient relationship. Dr. Paul completed a postdoctoral fellowship in psychodynamic psychotherapy at The Karen Horney Clinic in New York City.

Continuing education credit: 3 CE credits available for full attendance. The Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P maintains responsibility for this program and its content. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. As our CE program receives oversight from a licensed social worker, the CE credits we award are highly likely to be recognized by licensing boards in Virginia and the District of Columbia. These continuing education credits meet the ANCC standards for nurses. Marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia may submit these CE credits to their licensing boards. (Marriage and family therapists in other jurisdictions and licensed counselors should inquire with their local Boards regarding continuing education credit.) Attendees from the above professional groups will earn 3.0 CE credits for attending the CE activity. Full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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REGISTRATION FORM

Limited space is available.

Name _____ License/Degree _____

Address _____ City, State, Zip _____

Email _____ Cell Phone _____

FEES:

\$75 ICP+P Members

\$35 ICP+P 1st Year Members, 2nd Year Members, Emerging Professionals, MITs, Graduate Student Members, Fellows, and Unaffiliated Students

\$105 Non-Members

PLEASE NOTE:

1. Recording in any form of this live streaming event is NOT permitted.
2. You will receive the instructions for connecting to Zoom the week before the short course.

For more information or to register, please visit <https://icpeast.org/short-course/> or email administrator@icpeast.org. A refund for cancellation is available up to 10 days before the seminar.

Mail-in registrations should be sent to:
ICP+P, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008

** Leslie Smith, PhD, as presenter and planner, has informed us that she does not have a conflict of interest and has disclosed that she has no relevant financial relationships with any commercial interests pertaining to this educational activity. Any references to "off-label" (non-FDA approved) use of medication, products or devices will be explicitly disclosed in the presentation.*

CE Credit is granted to participants with documented attendance at individual workshops. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session.