Given the increasing diversity of clients seeking mental health care, there is a growing need to enhance the cultural sensitivity of therapeutic interventions with ethnoric racial minority populations. One critical form of contemporary racism is the experience of microaggressions: brief, everyday exchanges, in the form of seemingly innocent and innocuous comments or behaviors that send denigrating messages to people of color. Microaggressions in mental health settings are a cause of poor therapeutic alliance and drop-out, representing a barrier to treatment. Repeated exposure to microaggressions can cause psychological unwellness and even trauma symptoms in victims. However, many clinicians are not aware of microaggressions, may commit them unknowingly against clients, and are unsure how to address them in treatment. Thus, increasing awareness of microaggressions is a critical target of clinical training and therapeutic intervention. Dr. Williams will also discuss how to recognize microaggressions, how to assess the impact of microaggressions in clients, and discuss how to address microaggressions when they occur in therapy or real-life.

Learning Objectives

At the end of this seminar, participants will be able to:
1. Define microaggressions and explain how they are connected to racism
2. Identify the most common microaggressions experienced by people of color
3. List the most common microaggressions committed by medical professionals and therapists against people of color
4. Explain the mental health impact of microaggressions on people of color
5. Assess the impact of microaggressions in their clients of color.

Outline

Begin 1 PM ET

Understanding Racism

Types of Microaggressions

Microaggressions in Public Life and Therapy

The Mental Health Impact of Microaggressions

Break 2:30-2:45 PM ET

Measuring Microaggressions

Responding to Microaggressions

Allyship and Personal Growth

End 4:15 PM ET

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