

# White Privilege and White Therapists: Treatment Considerations Surrounding Racial Traumas among Clients of Color

Multicultural guidelines and ethical standards dictate that White therapists examine their own racial identity, privilege, and fragility to better serve clients of color. Dr. Fatter will review current trends in multicultural competency and discuss the clinical cost of the therapist being 'colorblind'. This webinar will specifically focus on aspects of White culture, White privilege, White fragility, and Helms White racial identity model to help therapists self-assess their own White racial identity. In addition, Menakem's H-I-P-P theory of how historical trauma is somatically held in the body will be presented to better understand the typical nervous system response in a White body and ways White therapists can work with their own somatic counter-transference reactions when working with clients of color. Dr. Fatter will describe ways White privilege and White fragility can show up in a therapy session as well as provide examples of specific types of microaggressions that can damage the therapeutic relationship when working with clients of color. Dr. Fatter will also discuss practical ways to bring up racial identity with clients of color and how to do a therapeutic repair when a relational rupture has occurred. Ethical considerations when working with White clients who express racist views will be also addressed.

## Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

## Learning Objectives

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

1. Report current trends in multicultural competency.
2. Describe qualities of White culture, White Privilege and White Fragility and ways they can show up in clinical work.
3. Identify 8 types of microaggressions that can show up when providing clinical services.
4. Learn 3 practical ways to address racial identity and experience with clients.
5. Describe how to do a relational repair.

## Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 11 AM ET

Current trends in multicultural competency.

Why White therapists need to look at our own White identity and role in systematic racism.

What is White Culture?

White privilege & White fragility

START WHERE YOU ARE: Helms Model of White Identity Development

Menakem's H-I-P-P theory and White Body Supremacy.

BREAK 12:30-12:45 PM ET

Ways that White privilege and fragility show up in clinical work:

Microaggressions

Multicultural Competency in Session:

Ways to bring up race and racial identity with clients.

How to do a repair when a relational rupture has occurred.

Things to be aware of when processing racial traumas with clients of color.

Ethical considerations when working with White clients with racist views.

End 2:15PM ET

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Daphne Fatter, Ph.D. earned a Masters in Transpersonal Counseling Psychology from Naropa University in 2006. She was awarded her doctorate in Counseling Psychology from The Pennsylvania State University in 2011 and completed her clinical internship at the University of Tennessee Counseling Center. She completed a post-doctoral fellowship in Clinical Psychology at the Trauma Center, an affiliate of the Boston University School of Medicine, under the supervision of Dr. Bessel van der Kolk, MD. During her postdoctoral fellowship, she completed a nine-month training program in Traumatic Stress Studies and also managed a pilot study on using neurofeedback to help treat posttraumatic stress disorder. For over a decade she has studied in both Buddhist and Taoist meditation traditions and has published on mindfulness. She has served as an ad-hoc expertise reviewer in the area of mindfulness from 2011-2013 for the Journal of Counseling Psychology, European Journal of Counseling Psychology, Psychotherapy, and Mindfulness Journal. She has taught mindfulness meditation at the Southern Methodist University, the University of Colorado at Boulder, the Pennsylvania State University, and the University of Tennessee Knoxville. She is the former Military Sexual Trauma Coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She is EMDR certified and is a Certified Internal Family Systems therapist. She has also completed advanced training in Cognitive Processing Therapy. She currently in private practice in Dallas, Texas.

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