

Outline

Oppression:
What All Therapists Need to Understand About Injustice
Exploitation and marginalization
Powerlessness
Cultural Imperialism
Violence
Tiers – Individual, Institutional, Cultural
Internalized Oppression

Colorblindness:
How “Treating Everyone the Same” is Detrimental to Therapy
How race shapes clients’ lives
Why therapists need to acknowledge the euro-centric culture of psychotherapy
The truth about colorblindness in therapy
How therapists can acknowledge power inequality in therapy as well as in society

Diversity:
Strategies to Better Attend to Your Clients’ Differences...Without Forcing Them to Teach You
Therapeutic pitfalls of seeing differences in a stereotypical manner
Tips for working with the current socio-political environment in therapy sessions
How to prepare for and respond to clinical microaggressions
Ways to bring conversations about race and class into the therapy room

Multiculturalism:
Visualize Your Clients Problems from Personal, Cultural and Institutional Factors
The importance of intersectionality in each client
How clinicians can explore experiences of strengths and weaknesses of culture
What to say – replace negative labels that can lead to ineffective treatment
Clinical examples of culturally-affirming practices

Inclusion:
How to Empower Your Clients for Deeper Engagement in Treatment
How power, privilege and social context impacts your clients
How clients’ action for social change can enhance their wellbeing
Clinical changes required for more inclusive practices
In-session strategies to overcome struggles therapists face with inclusion

Equity:
Clinical Strategies that Embrace Equality and Improve Outcomes
Fundamental differences from equality
What you can do to create access: outreach and expanding your expertise to larger communities
Self-assessment exercise: is there equity in your practice?
Clinical applications in therapy

Justice and Liberation in the Therapy Room:
Steps You Can Take Today to Help Dismantle Oppressive Systems
Decolonizing mental health fundamentals
Strategies to cultivate a clinical space that fosters liberation
Use systems centered language to combat oppressive, policies, practices, and beliefs
How clients can regain agency in the face of oppression

Live Webinar Schedule
(Times listed in Mountain)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Analyze key points in psychology’s social justice history and understand how it shaped the practice of psychology.
2. Investigate how colorblindness and the denial of racism by emphasizing that everyone is the same, or has the same life opportunities, can negatively impact clients and the therapeutic process.
3. Evaluate how racial microaggressions can contribute to poor counseling outcomes in racial/ethnic minority clients.
4. Analyze how mental health professionals can resist oppression through the therapeutic mechanisms they choose to employ.
5. Utilize culturally responsive and racially conscious strategies to recognize the ways clients are impacted by their marginalized identities and systems of oppression.
6. Assess the role of mental health professionals in dismantling oppressive systems that may impact their clients’ presenting problems.

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Becoming a Social Justice Informed Clinician

Embodying Equity, Inclusion and Liberation to Enhance Treatment with Minoritized Clients

LIVE Interactive Webinar
Tuesday, August 10, 2021

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Becoming a Social Justice Informed Clinician

Embodying Equity, Inclusion and Liberation to Enhance Treatment with Minoritized Clients



Featuring **Dr. Meag-gan O’Reilly**,
Staff Psychologist and Program Coordinator for Outreach,
Equity and Inclusion at Stanford University’s Counseling
and Psychological Services

- An eye-opening training for all clinicians:**
- Confidently bring conversations about race and class into the therapy room
 - Stop damaging rapport - attend to clients’ differences without forcing them to teach you
 - Self-assessment exercise: is there equity in your practice?
 - The truth about “colorblindness” and its implications for therapy with Black, Indigenous, and People of Color (BIPOC) clients

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Tuesday, August 10, 2021

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Becoming a Social Justice Informed Clinician: Embodying Equity, Inclusion and Liberation to Enhance Treatment with Minoritized Clients

The ingrained impacts of systemic racism effect every sector and institution of our society, pushing many to the margins by means out of their control.

And our therapeutic spaces are not untouched.

Despite our best intentions, many of us are unwittingly committing microaggressions, damaging rapport, and perpetuating inequalities. Without acknowledging power differentials and uprooting our biases we can fail marginalized clients and unknowingly participate in the oppression.

No matter your racial, ethnic or cultural background, this candid one-day training will equip you to enhance your treatment with minoritized clients and inspire you to begin using your practice as a source of systemic change!

And unlike other trainings that offer overly simplified and formulaic guidance on how to do therapy with “them,” this program will visit the uncomfortable places we need to go to become better clinicians for all of our clients.

Join Dr. Meag-gan O’Reilly, Stanford Psychologist and CEO & Co-Founder of Inherent Value Psychology Inc., **for an eye-opening exploration** of how using a framework of equity, inclusion, and liberation can transform you and your clinical care.

PLUS she’ll share the key concepts, mindsets and clinical examples you need to more effectively work with the intersectionality in each client and give you actionable steps you can take to help dismantle oppressive systems and effect change at a societal level.

This is one training you can’t afford to miss.

Register today!

Target Audience:

Social Workers • Counselors • Psychologists • Psychotherapists • Physicians
Marriage & Family Therapists • Addiction Counselors • Psychiatric Nurses • Psychiatrists
Other Mental Health Professionals



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Meet Your Speaker

Dr. Meag-gan O’Reilly, (she/her) is a staff psychologist at Stanford University’s Counseling and Psychological Services (CAPS) and adjunct faculty in the Stanford School of Medicine. While completing her Post-Doctoral Fellowship at CAPS, Dr. O’Reilly created the first satellite clinic for Black undergraduate and graduate students across the African Diaspora. She currently serves a Program Coordinator for Outreach, Equity, and Inclusion. In this role, Dr. O’Reilly co-created the Outreach and Social Justice Seminar in 2016 with the goal of training the next generation of culturally conscious and justice-oriented clinicians.

Outside of Stanford, Dr. O’Reilly is the Co-Founder and CEO of Inherent Value Psychology INC., her private practice that provides DEI consulting, workshops, trainings, and international speaking engagements. Dr. O’Reilly is a DEI consultant for companies including Google, LYRA Health, and The United Negro College Fund’s STEM Scholar Program that supports Black college students nationwide to navigate underrepresentation and discrimination in STEM fields. She also serves as the lead clinician in a partnership with Google to provide therapeutic spaces called The Gathering Space for Black Google Employees in response to the murder of George Floyd and the chronic trauma, and grief, in the Black community. Her TEDx talk: Enough is Enough: The Power of Your Inherent Value, can be seen on YouTube and is a helpful reminder of unconditional self-worth and that our lives matter to the world.

Speaker Disclosure:

Financial: Meag-gan O’Reilly is co-founder and CEO of Inherent Value Psychology, Inc. She is an adjunct faculty member at Stanford University. Dr. O’Reilly is a staff psychologist at Stanford University. She is a mental health consultant for The United Negro College Fund’s STEM Scholar Program. She is a lead clinician for The Gathering Space for Black Google Employees. Dr. O’Reilly receives a speaking honorarium from PESI, Inc.
Non-financial: Meag-gan O’Reilly has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Psychologists, Addiction Counselors, Marriage & Family Therapists, and Physicians.**

For specific credit approvals and details, visit pesi.com/webcast/85362

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***includes up to 3.25 hours of general ethics instruction and 3.0 hours of cultural competency.**

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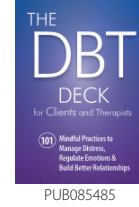
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Recommended Reading:



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David D. Burns, M.D.
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