

# **Undoing Stigma: EMDR Applications in the Dismantling of Socially Based Internalized Oppression and Prejudice Theory, Examples and Practicum**

Learn and contribute to building knowledge in this area

Social identity is a profound dimension of how people know themselves and find meaning in the world – positive *and* negative. As a client once said, "social forces often define you in life before you can define yourself". Gender, age, race and ethnicity, socio-economic class and sexual orientation are common examples. Internalized stigma impacts many of our clients including those that feel stigmatized for the very conditions they seek treatment for *or* for seeking help at all. The insidious nature of stigma is makes it often invisible to both client and clinician.

The impact of these stigmas in our clients can be understood and treated with added awareness and specific strategies throughout the 8-Phase EMDR treatment approach. This workshop will help identify client manifestations of stigma including internalized oppression introjects and externalized prejudice toward others as they link to client difficulties. Keys to assessment, preparation and target selection will be covered.

Extensive research supported information and theory from the fields of social psychology and social work will be integrated within the AIP model to predict the profound and unique capacity EMDR offers for addressing culturally-based trauma.

Relevant theory and practical strategies will be illuminated by case examples including clips from **video-taped clinical sessions**.

*This workshop will increase your cultural sensitivity.*

**Presented by: Mark Nickerson LICSW**  
**Saturday, June 4, 2011 • 8:30am to 5:00pm**

at Smith College - Northampton, MA  
201 Seelye Hall Auditorium (Comfortable seating!)  
Registration/Continental Breakfast 8:00- 8:30

*7 CEU credits:*

*approved EMDRIA, NASW, LMFT, LMHC; (APA pending approval)*

## **Theory and Practice:**

This will be an active workshop. Core concepts will be conveyed in four hours of didactic presentation and discussion. Three hours will be devoted to a structured practicum for deeper learning. During the practicum, participants will be both "therapist" and "client". Safety and confidentiality will be maintained. Participants will be invited to leave confidential notes of their practicum experience to inform future learning and research initiatives.

**8:30: Presentation: core concepts, video examples**  
**10:30: Practicum: dismantling internalized oppression**  
**12:15: Lunch**  
**1:15: Presentation: part 2**  
**2:45: Practicum: dismantling a prejudice**  
**4:30: Whole group discussion**  
**5:00: Closing**

## **Content includes:**

- Definition of concepts
- Relevance and client presentations
- Welcoming culture into psychotherapy
- AIP understanding of social identity
- Considerations across the 8-Phase Protocol
- Simple, effective Phase 1 Assessment questions
- Target selection strategies
- Video and other case examples

## **Integrated theory and research from the fields of social work and social psychology including:**

- Evolution of social categorization
- Impact of social identity: benefits and difficulties
- "Ingroup"/"Outgroup" implications
- "Higher status"/"Lower status" implications
- MRI findings in the prejudicial response
- Research on desensitization strategies
- Conclusion: EMDR can make a big difference

**Objectives- Participants at this workshop will be able to:**

1. List clinical examples of difficulties related to internalized oppression and prejudiced beliefs
2. Cite topic-related research and theory from the field of social psychology
3. Describe the common link between internalized oppression/prejudiced beliefs and traumatic/disturbing life events
4. List Phase 1 and 2 considerations in the dismantling of internalized oppression and prejudice
5. Select appropriate targets for topic-related EMDR desensitization

Mark Nickerson, LICSW has conducted an individual and family psychotherapy practice in Amherst MA for 25 years . He is an EMDRIA approved consultant, HAP facilitator and the Regional Coordinator for Western MA EMDRIA. Mark has presented at EMDRIA conferences locally, nationally, and internationally on topics including EMDR Treatment for Angry & Violent Behavior, Problem Behaviors; and Prejudice.

*EMDR... can target the cultural transmission of racism, sexism, class expectations, and the increasingly narrow parameters of acceptable appearance, interests and personality. It can also transform the effects of the generational transmission of destructive beliefs, identities and emotional states... We can help people accept themselves even when they are bombarded with external messages that they are unacceptable.*

Robin Shapiro, EMDR Solutions II

Mark cofounded the Men’s Resource Center of Western MA in 1985 and is the current Chair of the MRC board. The MRC seeks to change internalized and societal patterns of oppression that dehumanize men, women and children.

*...wanting to be non-prejudiced is not the same as being non-prejudiced.*

Siri Carpenter "Buried Prejudice"

Mark is the Director of Parent Education for the Hampshire County Court’s and for 15 years has designed and facilitated innovative programs to reduce conflict between separated parents.

*For some, the impact of social stigma and discrimination is profound and internalized effects are central to their major life struggles. For others, the impact may seem peripheral yet is part of the small “t” glue that holds other difficulties in place with internalized negative beliefs.*

**Make a difference! Information gathered from this workshop practicum (voluntary and confidential) will contribute to further research and theory development.**

He has taught, lectured and consulted on issues of trauma, domestic violence, family conflict, social identity and men’s issues.

*Mark Nickerson, LICSW maintains responsibility for this workshop and its content in accordance with EMDRIA standards. This program is co-sponsored by the Mass. Psychological Association (MPA) which is approved by the APA to sponsor continuing education for psychologists. MPA maintains responsibility for this program and its contents. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required. Full completion of an EMDRIA approved basic EMDR training is required.*

**On-line registration at: [markinickerson.com](http://markinickerson.com) Questions? [markinickerson@gmail.com](mailto:markinickerson@gmail.com)**

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Name

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Discipline and License #

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Address

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Level of EMDR Training

**Program Fees (includes 7 CEUs)**  
 \$110 if sent by June 3, 2011  
 \$130 if sent by June 24, 2011  
 \$150 if sent **after** June 24, 2011  
 (includes cont. breakfast)  
 \$40 discount for Community Mental Health clinicians (30+ hours a week)  
 Full refunds until May 16; 75% after.

*7 credits: EMDRIA and NASW Approved; APA LMFT and LMHC (under review)*

**My payment of \$ \_\_\_\_\_ is enclosed.**  
 Mail checks made payable to: Mark Nickerson, LICSW  
 368 Middle Street, Amherst, MA 01002