

Opening the Door: Integrating Culture, Social Identity and Healing Culturally Based Trauma in EMDR Therapy

Covering concepts from the newly released book:
*Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy:
Theory, Strategies and Practicum Experiences* by Mark Nickerson

Social identity is a profound dimension of how people know themselves and find meaning in the world— both positive *and* negative. Gender, race/ethnicity, faith, age, appearance/ability, socio-economic class and sexual orientation are common socially salient factors. The internalized impact of social stigma and social discrimination, stored in memory, is often implicit and frequently overlooked, minimized or sidestepped by therapists. The current political climate further aggravates social differences. Yet the unique meanings of social identity for any one person are often nuanced and cannot be assumed. By accessing each client's learned associations, the EMDR approach can guide authentic exploration and realization.

Trauma-informed clinicians can readily embrace *cultural competence* in their work, but it does not come with good intentions alone. It requires a more active commitment, and expanded knowledge and skills. Cultural awareness welcomes cultural identities, adapts therapy to cultural needs and norms, and broadens the scope of trauma work. Positive cultural experiences can be a powerful resource. Coping with and recovery from social and culturally based wounds can be a more intentional treatment objective.

This training will outline theory along with innovative strategies and protocols from the book, *Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy*. Research supported information and theory from the fields of social psychology and social work will be integrated within a trauma treatment model to inform clinical interventions.

The ideas of this workshop will be learned in a safe setting through multiple demonstrations and practicum experiences. Using EMDR methods, participants will discover and explore what are likely to be surprisingly accessible and powerful internalized cultural messages.

Presented by: **Mark Nickerson, LICSW**
Sunday, Oct. 21, 2018
Burlington, VT

Community Health Centers of Burlington
617 Riverside Ave
Burlington, VT 05401

6.5 credits: EMDRIA, NBCC approved masters level (LCSW, LMFT, LMHC, LPC)

Registration at: markinickerson.com

Local questions- Sandra Berna- sberna1114@gmail.com

Schedule: 9:00 am to 5:00 pm

Program Fees (6.5 CEUs and EMDRIA credits):

\$155 if sent by October 8

\$185 if sent after October 8, 2018

\$30 discount for Non Profit Agency clinicians (20+ hrs/week)

*Cancellation Policy: Full refunds until Oct 8, 25% Oct 8–15.
No refunds after Oct 15.*

Content includes:

- Welcoming culture into psychotherapy
- Making the invisible visible
- Making the unspeakable speakable
- Socially oriented NCs and PCs
- Innovative intervention strategies
- Protocols for social prejudice and privilege
- Video and other case examples

Integrated Theory and Research from the fields of social work and social psychology including:

- Understanding social information processing
- Evolution of social categorization
- Impact of social identity: benefits and difficulties
- "In-group"/"Out-group" implications
- "Higher status"/"Lower status" implications
- MRI findings in the prejudicial response
- Research supported desensitization strategies

Objectives- Participants will be able to:

1. Describe core concepts of cultural competence and how to integrate them into EMDR therapy.
2. Describe the relevance of cultural experiences and social identities to overall client wellbeing.
3. Describe strategies to incorporate social identities in treatment.
4. Integrate cultural considerations into assessment and case formulation.
5. Describe treatment strategies to identify and reprocess culturally-based trauma including the internalized impact of discrimination/ stigmatization/ oppression.
6. Describe strategies to identify and dismantle social prejudice with EMDR therapy.
7. Be able to self-reflect upon personal experiences related to social identity, stigma and prejudice.

"After reading Nickerson's compelling and boldly comprehensive text, I have found myself sitting with clients in an entirely new way and so will you. With the multiple lenses offered in this book, you will start to think differently about the ways in which diverse cultural factors - social class, ethnicity, race, sexual orientation, religion, immigrant status, gender, discrimination, prejudice, and various disabilities interact to shape beliefs about oneself and one's experiences in the world." — **Deborah L. Korn, PsyD, Senior EMDR Institute Facilitator, Trauma Center at JRI**

"This book may be one of the most important contributions to EMDR therapy literature so far in this century. Nickerson has astutely gathered together a collection of compelling articles that highlight the struggles of individuals and groups who have tragically and traumatically been affected by discrimination and discusses how EMDR therapy may be utilized to help them heal. Cultural Competence and Healing Culturally Based Trauma should be on the bookshelf of every EMDR therapy clinician." — **Barbara J. Hensley, EdD, LPCC, Francine Shapiro Library, Creator and Curator**

"This book is a landmark contribution to EMDR therapy. In an increasingly culturally diverse society, clinicians need to understand the social forces and effects of culture, and how it shapes perceptions and consequently the memories that can become maladaptively stored." — **Roger M. Solomon, PhD, Senior Faculty, EMDR Institute**

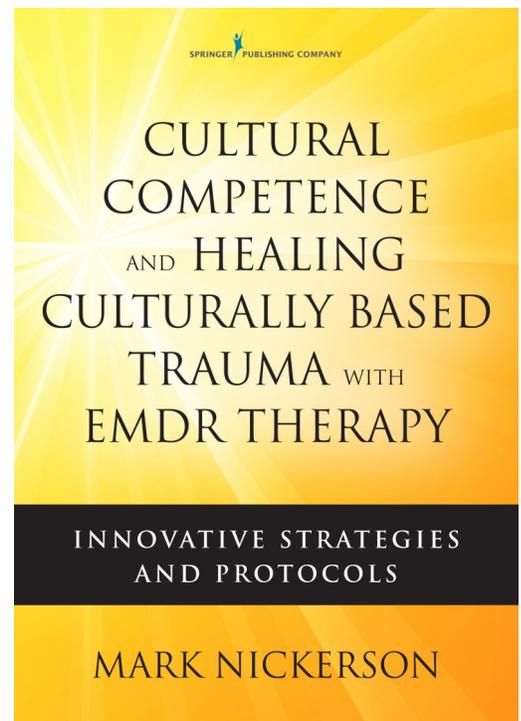
"This is definitely a book whose time has come. From multiple contributions around the world, each chapter brings significant insights into how EMDR therapy can be culturally attuned and yet efficacious in preserving the individuality of each client." — **Esly Regina Carvalho, Ph.D., Trainer of Trainers, EMDR Institute/EMDR, Brasilia, Brazil.**

"Finally there is a book that is thought provoking, insightful and rich in content, and which takes an in-depth look at the important role culture plays when treating trauma. With the strategies and protocols he provides in his book, Mark Nickerson has built a bridge for EMDR therapists to use our evidence based EMDR therapy to conduct more culturally effective trauma focused interventions." — **Diane DesPlantes, LCSW, Master trainer of Cultural Competency; NJ Department of Children and Families**

Mark Nickerson, LICSW, a psychotherapist in Amherst, MA for 30 years, is an EMDRIA Approved Consultant, EMDR Institute Basic and Advanced trainer, and 2014 President of the EMDRIA Board of Directors. He has developed two award-winning programs designed to reduce and resolve interpersonal conflict.

Nickerson is author/editor of *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Innovative Strategies and Protocols* (2017) and *The Wounds Within*, an expose on the challenges for war veterans and their families. More information at markinickerson.com

He conducts advanced EMDR trainings locally, nationally, and internationally on topics including treatment for problem behaviors, problematic anger and violence, cultural competency, interventions to dismantle social stigma and oppression, and the effective use of EMDR protocols.



Book details including Distance Learning CE course at: CulturalCompetenceEMDR.com

Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA Standards. 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.

Questions? info@marknickerson.com

Other info at: markinickerson.com