



Spring Program **Sunday, March 26, 2023—Zoom Webinar**
Becoming an Antiracist Therapist: Holding space for All Racial Beings
Presented by: Nathalie Edmond, Psy.D.

PROGRAM:

This workshop will highlight how all individuals are racial beings living in a culture that centers a certain kind of whiteness as the standard, as the in group, creating inequitable systems and antiblackness. We will explore the legacy of white body supremacy and developing an anti-racism lens in clinical and personal life. We will work to deconstruct therapy models that center whiteness and how to hold space for collective rage and grief with clients and colleagues that supports healing. This anti-racism model will take a mindfulness-based approach to invite in curiosity and embodied dialogues.

PRESENTER:

Dr. Nathalie Edmond is a licensed clinical psychologist and experienced yoga teacher. She has been in the therapy world for over twenty years. She has been a clinician and/or administrator in a variety of clinical settings such as PHP/IOP, college counseling, and community mental health. She started her own private practice in 2015 and it grew to a group practice in 2019 called Mindful and Multicultural Counseling. Dr. Edmond specializes in the treatment of trauma from a mind-body-spirit approach. She is intensely trained in DBT and trained in EMDR as well as sensorimotor psychotherapy. She teaches a doctoral class on multiculturalism and feminism. She does DEIJ (diversity, equity, inclusion, and justice) consultation with a wide variety of organizations.

Learning Objectives: This workshop is designed to help participants:

- 1) Name three ways white body supremacy culture shows up in daily life and can present in the therapy room.
- 2) Name three somatics of whiteness.
- 3) Explain three model minority stressors.
- 4) Name techniques that support the creation of healing spaces for racial traumas, rage, and grief.
- 5) Create ongoing processes to incorporate antiracism in therapy.

ZOOM WEBINAR: *Registration opens on 2/25/23 and closes on 3/24/23. No new registrations will be accepted following that time. Zoom link to follow.*

11:00 -- 1:00 PM Welcome, Orientation, and Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

Guests/Non-NCAP members*: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

RSVP by 3/24/23. If payment is not received by March 24th, non-members will be blocked from attending the program on March 26th

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

*Intended audience: Psychologists, psychiatrists, educators, mental health professionals, graduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Intermediate—some basic knowledge of the specific content is required.

The presenter has no commercial support or conflict of interest for this program.

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