

# Culture, Trauma & Resilience

Friday, September 2, 2016

8:30 am to 9:00 am	<b>Registration &amp; Coffee</b>
9:00 am to 9:15 am	<b>Welcoming Remarks</b>
9:20 am to 10:50 am	<b>21<sup>st</sup> Century Cultural Competency</b> <i>Laura Brown, Ph.D., ABPP</i> Clinical and Forensic Psychologist; Author of <i>Cultural Competence in Trauma Therapy</i> and <i>Not the Price of Admission: Healthy Relationships after Childhood Trauma</i> . While both service providers and clients in the mental health and substance abuse fields have become increasingly diverse in the last 40 years, standard models of how to understand cultural competence continue to lag behind. This keynote will introduce listeners to a 21st Century model of culturally competent practice that emphasizes provider self-awareness within the context of intersectional identities.
10:50 am to 11:00 am	<b>Break</b>
11:00 am to 12:30 am	<b>Your Blues Ain't Like Mine: Using Culturally Responsive Approaches to Promote Family Resilience</b> <i>Melanie Funchess</i> Director of Community Engagement, Mental Health Association, Rochester, NY In systems, we desire for families to be resilient despite multiple stressors and barriers. We set the expectation of resilience for families. At the same time some of our practices as service providers can have the unintentional impact of inhibiting the resilience of families. In this presentation we will <ul style="list-style-type: none"><li>• Discuss cultural differences in axiology and its impact</li><li>• Enhance our understanding of our own axiology and biases and how they affect how we provide service</li><li>• Learn to employ culturally-responsive strategies</li></ul>
12:30 am to 1:30 pm	<b>Lunch</b>
1:30 pm to 1:45 pm	<b>Activity</b>
1:45 pm to 3:15 pm	<b>Understanding Race-based Trauma</b> <i>Monnica Williams, Ph.D.</i> Associate Professor of Psychology, University of Connecticut. This presentation will provide an overview race-based trauma and relevant cultural factors. Dr. Williams will discuss the various facets of race-based trauma, including the experience of historical, cultural, community, and individual trauma, and how these may or may not fit into a DSM-5 framework. Constructs that perpetuate race-based trauma will also be reviewed, including White privilege, stereotypes, discrimination, and racism in its various forms. The presentation will also describe various measures clinicians can utilize to assess race-based trauma and other sociocultural constructs, such as ethnic identity, religious coping, and discriminatory experiences. The presentation will include case example and opportunities will be provided for Q&A.

## **Laura Brown, Ph.D., ABPP**

Dr. Laura Brown received her Ph.D. in Clinical Psychology in 1977 from Southern Illinois University at Carbondale and has lived and practiced in Seattle, Washington since then. She has served on the faculties of Southern Illinois University, the University of Washington, and the Washington School of Professional Psychology, and has taught and lectured in the U.S., Canada, Europe, Australia, Taiwan and Israel. In addition to her current full-time practice of psychotherapy, consultation, and forensic psychology she was also the founder and, until 2015, director of the Fremont Community Therapy Project, a low-fee psychotherapy training clinic in Seattle

The focus of her work has been the pursuit of social justice through the practice of psychology; this led her into a specialization, in the 1980s, in working with adults who had survived complex childhood trauma. Her scholarly work has been in the fields of feminist therapy theory, trauma treatment, lesbian and gay issues, assessment and diagnosis, ethics and standards of care in psychotherapy, and cultural competence. She has authored or edited ten professional books including the award-winning *Subversive Dialogues: Theory in Feminist Therapy* as well as more than 140 other professional publications, and has been featured in six psychotherapy training videos produced by the American Psychological Association.

Dr. Brown recently began to write for general audiences, with a focus on the concerns of adult survivors dealing with the aging and death of perpetrator in their families, and confronting the vicissitudes of emotionally important adult relationships. She is a Fellow of the APA and the Association for Psychological Science, serves on numerous professional editorial boards, and has been the recipient of a number of professional awards and honors. A late-life student of the martial “art of peace,” aikido, she is currently working towards her black belt.

## **Melanie Funchess, Director of Community Engagement, Mental Health Association**

For more than two decades, Melanie Funchess has served as an advocate for families and youth and worked extensively in the areas of family engagement and empowerment, as well as community organizing in her beloved community of Rochester, NY. For the past ten years her primary focus has been children’s mental health and family well-being, a mission that encompasses not only her responsibilities as Director of Community Engagement at Mental Health Association but also her extensive involvement in local initiatives that address issues of poverty, educational access, juvenile justice and cultural competency.

Her experience working with diverse groups, facilitating coalitions, task forces, and committees includes involvement in national and community based coalitions and organizations such as SAMHSA’s Child, Adolescent, and Family Branch Council, The National Network to Eliminate Disparities in Behavioral Healthcare (NNE), African American Health Coalition, Greater Rochester Parent Leadership Training Institute, the Mental Health Promotion Task Force, Neighborhood Consortium for Youth Justice and serving as project director of the Rochester Prime Time Sister Circles.

Mrs. Funchess’ mission is to use her knowledge of systems and communities to create opportunities for youth and families to be empowered and successful and to break down the walls that separate us and build bridges to unite us as one community where every child is our own, we have front porch neighborhoods, and we use language that respects everyone.

## **Monnica T. Williams, Ph.D.**

Dr. Monnica T. Williams is a clinical psychologist and Associate Professor at the University of Connecticut in Psychological Sciences. She is also the clinical director of the Behavioral Wellness Clinic, where she treats anxiety-related conditions, supervises therapists, and trains doctoral student clinicians.

Her research focuses on psychopathology, African American mental health, culture, and trauma. Current projects include the assessment of race-based trauma, treatment of obsessive-compulsive disorder, improving cultural competence in the delivery of mental health care services, and interventions to reduce racism. Dr. Williams has published over 75 scientific articles on psychopathology, African American mental health, and trauma. She gives also diversity trainings nationally for clinical psychology programs, conferences, and organizations.

Dr. Williams is a member of APA, having served as the diversity delegate from Kentucky for the APA State Leadership two years in a row. She is the recipient of a 2105 APF Visionary Grant, entitled *Reducing Microaggressions and Promoting Racial Harmony*. She is also the African American SIG leader for ABCT, and she is currently an associate editor of *The Behavior Therapist*. She is a member of the scientific advisory board of the International OCD Foundation, and the Board of Directors of NAMI Louisville.