



# Webcast programme



# Thursday 10

**2.00pm - 2.20pm**

Opening welcome from our webcast studio hosts, Andrea Perry and Phyllis Coulter. With guests, Andrew Reeves and Caryl Sibbett

**2.20pm - 3.45pm**

Welcome and Keynote speaker, [Dr. Manivong J. Ratts](#)

**3.45pm - 4.00pm**

Break in transmission

**4.00pm - 5.00pm**

Treating oppression and discrimination: The use of poetry therapy with women

[David Madden and Ger Campbell](#)

**5.00pm - 5.30pm**

A chance to ask David Madden and Ger Campbell questions in a dedicated webcast discussion with our hosts

**5.30pm - 6.30pm**

Fake news? Using media and technology to engage in discussions around social justice

[Bagmi Das](#)

**6.30pm - 7.00pm**

Dedicated webcast studio discussion, wrapping up day one



# Friday 11

9.00am - 9.30am

Welcome to day two with Heather Trepal, President of the American Counseling Association

9.30am - 10.45am

Welcome and Keynote presentation:

[The silencing of suspect communities: historical and therapeutic reflections on group blame and group suffering in the wake of terrorism](#), delivered by Maureen Slattery Marsh, Salma Yaqoob, Dr Saima Nasar and Professor Gavin Schaffer.

10.45am - 11.15am

Webcast studio discussion with today's keynote presenters

11.15am - 12.15pm

A spotlight on [Dr. Manivong J. Ratts](#) keynote presentation, including highlights from his presentation and discussion on key themes

12.15pm - 2.00pm

Break in transmission

2.00pm - 3.15pm

Directionality, synergy, and social change: linking therapy to social justice  
[Mick Cooper](#)

3.15pm - 3.45pm

Webcast studio discussion with Andrew Reeves and Mick Cooper

3.45pm - 5.00pm

Rethinking suicide prevention: a social justice approach for counselors  
[Jessica Tyler, Brandee Appling, Malti Tuttle, Heather Delgado, Alfredo Palacios](#)

5.00pm - 5.30pm

Webcast studio discussion with Jessica Tyler and Brandee Appling

## You'll be able to:

- submit your questions directly to our presenters in the studio
- discuss the presentations online with fellow members via our chat facility during the live stream
- download selected presentation slides
- download a CPD certificate



# Saturday 12

**9.15am - 9.30am**

Welcome to day three with Andrea Perry and Phyllis Coulter

**9.30am - 10.45am**

Welcome and Keynote presentation:

[A Reflection: On opening to the client's perspective when we talk about work that is real and human and creative](#), delivered by Eina McHugh

**10.45am - 11.15am**

A chance to ask Eina McHugh questions in a dedicated webcast discussion with our hosts

**11.15am - 12.30pm**

Therapeutic involvement in oral history and memorial in the service of social justice. [Maureen Slattery Marsh, Salma Yaqoob, Dr Saima Nasar and Professor Gavin Schaffer](#)

**12.30pm - 1.00pm**

Dedicated webcast studio discussion with the workshop presenters

**1.00pm - 2.00pm**

Break in transmission

**2.00pm - 3.15pm**

CBT and African American internalized racism: multicultural and advocacy implication  
[Janee Steele](#)

**3.15pm - 3.45pm**

Dedicated webcast studio discussion with Janee Steele

**3.45pm - 4.45pm**

Reflection on the conference and the chance to submit your comments, facilitated by David Weaver

**4.45pm - 4.55pm**

Closing webcast studio session

## Choose when to watch

Catch up on anything  
you miss via the  
on-demand service  
running:

22 October 2019 to 22  
January 2020



# Meet our keynote speakers



## Dr. Manivong J. Ratts

Dr Manivong J. Ratts is professor of counselling at Seattle University and chair of the Department of Leadership and Professional Studies (AEDT, Counselling, EDLR, SDA, and TESOL). Dr. Ratts received his Ph.D. in Counselling from Oregon State University (OSU). He holds an associate's degree from Yakima Valley Community College, a bachelor's degree in psychology from Western Washington University, and a master's degree in counselling from OSU. In 2018, he was awarded a Doctorate of Humane Letters, Honors Causa from Lewis and Clark College for his work in advancing multiculturalism and social justice in the counselling profession and was the graduate commencement keynote, Advocating for Social Change in a Toxic Political Climate.

Dr. Ratts is a licensed mental health counsellor (L.M.H.C.) and past President of Counselors for Social Justice, a division of ACA. His research is in the area of multiculturalism and social justice. He is one of the nation's leading scholars in the area of social justice counselling. He coined the term "social justice counseling" and argued that social justice is a "fifth force" among counselling paradigms, following the psychoanalytic, cognitive-behavioral, humanistic, and multicultural traditions.

Dr. Ratts chaired a committee which developed Multicultural and Social Justice Counseling Competencies (MSJCC) for the counselling profession with Drs. Anneliese Singh, Sylvia Nassar-McMillan, Kent Butler, and Rafe McCullough. The MSJCC serve as a guide to help counselling professionals develop multicultural and social justice competence. The competencies have been adopted by ACA and are used in counsellor training programmes across the US.

Dr. Ratts has served on the editorial boards of the Journal of Counseling and Development and the Journal for Social Action in Counseling and Psychology. He has published in various peer-reviewed journals on social justice counseling and is lead author of the following books Counseling for Multiculturalism and Social Justice: Integration, Theory, and Application (2014) with Dr. Paul B. Pedersen and ACA Advocacy Competencies: A Social Justice Framework for Counselors (2010) with Dr. Judy Lewis and Dr. Rebecca Toporek. He has produced two video series through Alexander Street Press titled Four Approaches to Counseling One Client: Medical, Intrapsychic, Multicultural, and Social Justice Counseling Paradigms (2011) and Five Forces of Counseling and Psychotherapy: Psychoanalytic, Cognitive-Behavioral, Existential-Humanistic, Multicultural, and Social Justice (2013).



## The silencing of suspect communities: historical and therapeutic reflections on group blame and group suffering in the wake of terrorism

**Salma Yaqoob, Professor Gavin Schaffer, Dr Saima Nasar and Maureen Slattery Marsh**

After incidents of terrorism in Britain (such as IRA Campaigns, and the 7/7 attacks), and even as a result of terrorism in other countries (such as the 9/11 attacks on New York and Washington), British minority communities en-masse have been identified as targets of blame. After the Birmingham pub bombings of 1974, for example, there was widespread anti-Irish violence and 'Prevention of Terrorism' legislation was passed, enabling people of Irish heritage resident in Britain to be arrested and held without charge if suspected of involvement with terrorism. In this atmosphere the sociologist Paddy Hillyard coined the term 'Suspect Community' to explain collective blame and its impact. Addressing two case studies, this session reflects on the mental health impacts of this kind of blaming on individuals and communities. These case studies consider (a.) Irish communities in Britain after IRA terrorism in London and Birmingham in 1974 and (b.) British Muslim communities after 9/11 and 7/7.

The session blends the analysis of therapists (Maureen Slattery Marsh and Salma Yaqoob) who have experience of working with these communities, and historians (Gavin Schaffer and Saima Nasar) who have researched the impacts of terrorism on people and places. Traumatic transformation occurring within these communities following the direct or indirect impact of terrorism has led to forms of community miasma and patterns of transgenerational transmission of trauma. Our analysis holds that members of minority communities have often been 'silenced' as a result of collective blaming and shaming, hampered at a personal and community level from celebrating ethnicity and participating in British life, culture and politics. We argue, moreover, that drawing such communities into local history making, memorialisation activities, and culturally informed therapy can begin to break down barriers, unravel feelings of guilt, suspicion, and estrangement opening up new pathways for intergenerational community trauma to be addressed.



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## A Reflection: On opening to the client's perspective when we talk about work that is real and human and creative.

### Eina McHugh

Eina McHugh is a writer, entrepreneurial specialist with University College Dublin's Innovation Academy, Irish Fulbright Scholar and Fellow of the Royal Society of Arts.

A Former CEO and Artistic Director of The Ark, A Cultural Centre for Children in Dublin, for 10 years (2005-2015), Eina was responsible for all Ark programming, including the commissioning of award-winning works across multiple art forms.

As an independent consultant, Eina has worked with Channel 4, BBC, The Paul Hamlyn Foundation, The Nursery Channel, British Film Institute, S4C International and the Department of Culture, Heritage and the Gaeltacht. Previous senior leadership posts include Director of the Second World Summit on Television for Children in London, Head of Project Development for the Welsh Broadcaster S4C's Commercial Division in London, Deputy Director of the Northern Ireland Film Council, Director of the Cinemagic International Film Festival for Children and Young People, and Director of 'E Force', the BBC/E.U. Media Training Programme.

Eina has a Masters in Applied Psychosynthesis. Eina is also a recipient of the Ray Murphy Leadership Fund (2010) for her innovative Women in Leadership initiative, Taking Yourself Seriously. An Irish Fulbright Scholar (2012-2013), she partnered with Lincoln Centre Education, the education wing of the Lincoln Centre for the Performing Arts in New York, on a professional research project, Encouraging the Seedbeds of Creativity.

Eina's keynote presentation will focus on her childhood experiences and emotional trauma caused by the years of conflict in Northern Ireland and her psychotherapeutic recovery process. Eina described this therapeutic journey in her book: *To Call Myself Beloved*. *To Call Myself Beloved* offers a window into the intimacy and power of the therapeutic experience, told from a patient's perspective, as well as a thought-provoking insight into the trauma of the 'Troubles' in Northern Ireland.

# Session information

## Thursday 10th, 4.00pm - 5.00pm

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### Treating oppression and discrimination: The use of poetry therapy with women

**David Madden and Ger Campbell**

#### Session rationale

Women in addiction treatment often present with serious issues of oppression and trauma. Their ability to access mainstream services is compromised by historical Adverse Childhood Experiences (ACEs) and discrimination. When faced with the choice of getting much-needed treatment and childcare: childcare wins nearly every time leaving some women to suffer in silence, powerless. In addition to private practice where I use poetry therapy, I may work with women in treatment and use poetry therapy to address these issues, it helps to provide the resources necessary to begin to heal the trauma and participate in ending the cycles of oppression through therapy. Mainly in a group setting, but also in one-to-one counselling, I use the power of expression to safely uncover, process and empower women towards a better understanding of the issues and end the injustices affecting them. It has proven to be a powerful tool for change, a gentle avenue into insights and pure creativity. In 2006 I received my MSc in rehabilitation, later in 2010 my BSc in counselling and psychotherapy, and extensive poetry therapy supervision. My research base for this therapeutic work comes from the American National Association for Poetry Therapy (NAPT), the International Federation for Biblio/Poetry Therapy, the Irish Poetry Therapy Network, The UK National Association of Writer in Education, Lapidus International - the Words for Wellbeing Association, and a large body of books, papers and research literature on the subject of poetry therapy.

#### Session description

The presentation will consist of a talk on the theoretical foundations and research underpinning poetry therapy in a clinical treatment setting. There will then be an interactive and experiential workshop to illustrate the methodology employed in a poetry therapy workshop. The benefits will be that participants will be shown how effective this intervention can be in practice, they will be armed with knowledge and some practical tools to employ this intervention in their practice once they are trained and feel proficient.

#### Primary Presenter Biography

To be confirmed

# Thursday 10th, 5.30pm - 6.30pm

## Fake news? Using media and technology to engage in discussions around social justice

### Bagmi Das

#### Session rationale

With the advent of social media, viral messages and videos are viewed with little to no content moderation. The messages we see are governed by our social network. Politically left or right leaning friend circles will show 'like' media. Discerning what is valuable and true is a task that can be time consuming, yet, as counselors and advocates, we must be informed about what we see and what can show up with our clients or in our classrooms. Our curriculum has touched on use of technology in counselor education and clinical documentation but has not discussed how to engage critically with media in a counseling setting. In counselor education, we can expose counselors in training to the ways social media and technology influence their and their client's identity and decision making. We can further have counselor educators reflect on how they believe media and technology have positively or negatively affected their understanding of their own identity and their participation in societal movements and concerns. The presenters have taught Masters' level counseling courses and used media and technology so that people are able to reflect on cultures and societies that think differently from them and also find media that resonates with them. Similarly, the presenters have facilitated activities that pushed counselors in training to evaluate social justice movements and take a stance based on research that moves past the absorption of media. This session will allow participants to take a critical look at their own engagement with media and technology.

#### Session description

Media and technology have transformed the way that we receive and interact with society. The world has become much smaller and information is everywhere, but not as dependable as we once thought. This session will address our place as counselors and counselor educators within this new context. The session will discuss various ways to allow counselors in training to critically engage with media and technology and how this engagement affects social justice advocacy.

#### Primary presenter biography

Bagmi Das is a doctoral candidate at The Pennsylvania State University. Prior to her doctoral program, Bagmi served at-risk youth and their families as a marriage and family therapist. Bagmi's clinical experience also includes work with adults, both in college and community settings, from diverse cultural backgrounds and with trauma. Bagmi's prior and current research addresses trauma, trauma-informed care, multicultural families, and in-school therapy effectiveness.



## Friday 11th, 2.00pm - 3.15pm

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### Directionality, synergy, and social change: linking therapy to social justice

**Mick Cooper**

#### Session rationale

This talk will present a new framework, based around the concepts of 'directionality' and 'synergy', that can link the work of counsellors and psychotherapists to progressive social action.

#### Session description

How can we develop an understanding of human distress that integrates both psychological and social factors? The aim of this talk is to present a framework for understanding distress and change that achieves this, and thereby helps us bring together the counselling and psychotherapy field with social change work. The framework is based around the humanistic/existential principle that human beings are directional--agentive, active, subjective and that difficulties emerge when that directionality cannot be actualised.

#### Primary presenter biography

Mick Cooper is Professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and Psychological Transformation (CREST). Mick is a chartered psychologist, a UKCP-registered psychotherapist, and a Fellow of the British Association for Counselling and Psychotherapy (BACP). Mick is author and editor of a range of texts on person-centred, existential, and relational approaches to therapy; including *Working at Relational Depth in Counselling and Psychotherapy* (2nd ed., Sage, 2018, with Dave Mearns), *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod), and *Existential Therapies* (2nd ed., Sage, 2017). Mick has led a series of research studies exploring the processes and outcomes of humanistic counselling with young people. Mick is the father of four children and lives in Brighton on the south coast of England.

## Friday 11th, 3.45pm - 5.00pm

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### Rethinking suicide prevention: a social justice approach for counselors

**Jessica Tyler, Brandee Appling, Malti Tuttle, Heather Delgado, Alfredo Palacios**

#### Session rationale

Suicide is a significant, complex, and diverse public and social health concern, being the top leading cause of death across multiple populations. Literature states there are many misconceptions about suicide, and with that, particular groups pose a higher risk to complete suicide because of repeated exposure to pain and suffering, and personality characteristics of impulsivity that are not understood by clinicians. Many systems are involved in creating systemic change - but this presentation will highlight how schools, agencies, and counseling advocates can play a pivotal role in a social justice approach to suicide prevention. This entails more than viewing suicidal behaviour through a clinical lens, but also a language shift about suicide (including safe messaging) and an emphasis on increasing protective versus reactive factors. Suicide is a social justice issue as progress in mental health and crisis stabilization is dependent on available resources and those who have access to that care (Spencer-Thomas, 2017). Due to stigma and lack of understanding, mental health is not prioritized like physical health, so some of the most vulnerable when suicidal may not be able to access sufficient care and support. Marginalized populations may not get adequate treatment for the real causes of their suicidality and may only be treated under the medical model if treated at all. With a social justice approach, we as counselors can increase individuals' feelings of opportunity, connectedness, and support and consider how society impacts the vulnerability of the disadvantaged (Spencer-Thomas, 2017).

This approach includes not only understanding and open discussion on environmental sources to suicide, access to means, and responsible reporting of completed suicides, but also strategies to increase client access to evidence-based treatments. A social justice approach works to ensure all suicidal individuals feel equal, valued, and respected.

### **Session description**

Working with suicidal clients can be anxiety-provoking and stressful. With a framework to understand suicide desire and behaviour integrated with social justice strategies, clinicians across all counseling settings can feel increased competence to treat diverse high-risk clients. Standing in solidarity with marginalized populations in our place of professional power and privilege can influence decision-makers like educators, administrators, supervisors, and counselors in the front line.

### **Primary presenter biography**

In addition to her doctorate in Counselor Education and Supervision, Dr Jessica Tyler has several years of clinical, teaching, and supervisory experience, and is a licensed counselor in Georgia and Alabama. She is an assistant clinical professor at Auburn University, the Coordinator of the Clinical Mental Health Counseling program, and is in private practice, primarily working with adults and trauma. Dr Tyler is passionate about using her experience and clinical skills to help individuals to find vitality, and students become master practitioners. Her expertise ranges from crisis counseling, use of CBT and EMDR in practice, working with veterans and their dependents, issues in supervision, and she also presents and provides training on the topics of social networking and its impact on psychological and social wellbeing.

## **Saturday 12th, 11.15am - 12.30pm**

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### **Therapeutic involvement in oral history and memorial in the service of social justice**

**Maureen Slattery-Marsh, Saima Nasar, Gavin Schaffer**

#### **Session rationale**

This presentation will consider the value of therapeutic involvement in the Birmingham Pub Bombings oral history and Misneach memorial projects and their role in promoting social justice, healing and reconciliation. On 21 November 1974, two bombs exploded in pubs in Birmingham city centre killing 21 people and injuring over 200, many of whom were of Irish descent. The bombings triggered widespread anti-Irish prejudice and violence, wrongful convictions and prolonged community tensions. The resultant disharmony within the city of Birmingham lasted for generations, while the voices of communities, not directly involved in the events of November 21 mostly remained silent. In particular, the large Irish diaspora in the city retreated from the public arena for decades, adopting an elective silence as a protective shield against the onslaught of collective blame projected locally and nationally upon them. The spores of malignant shame incubated and propagated into the next generation. In the presentation we will provide context and background to the oral history and Misneach memorial projects. Drawing from research into trauma narratives and trauma studies, we will offer some perspectives on the historical construction of trauma and how we make sense of traumatic events in space and time. Using testimony from the oral history interviews and witness seminars, we will explore how different layers of trauma have been transmitted socially, politically, spatially and inter-generationally. We will look at how therapeutic involvement in both projects from the outset informed and shaped their development at various stages. We will reflect on how this involvement served the poetics of narrativity - the narrative framing of how and when trauma memories are told, heard and negotiated - enhancing the potential to pull together a richer, more inclusive, community history and the processing of aspects of traumatic memory in the service of community healing and social justice. Misneach = Gaelic word for courage.

## Session description

Therapeutic involvement in oral history and memorial in the service of social justice, the importance of therapeutic involvement in the Birmingham Pub Bombings oral history and Memorial project. What role did counsellors play in the development of trauma-informed processes within these projects? The relevance of insights and learning gained and their application to other traumatised community contexts will be considered.

## Primary presenter biography

Maureen Slattery-Marsh is a therapist, supervisor and lecturer based in Birmingham UK. Maureen works with icap - immigrant counselling and psychotherapy - a charity offering therapeutic support to immigrants, primarily from the Irish community living in Britain ([www.icap.org.uk](http://www.icap.org.uk)). She spent six years in Northern Ireland contributing to community reconciliation initiatives between 1986 and 1992. She moved to Edinburgh in 1992 and completed a master's in theology and development at New College, Edinburgh. She commenced training as a therapist in Edinburgh in 1995 initially specialising in addictions counselling. She moved to Birmingham in 2003, completing her MA in counselling in 2007. She lectured in counselling at Newman University Birmingham from 2008 to 2013. She is currently chair of BACP's Spirituality division engaging in research on psychotherapy, spirituality and social justice. Since 2015 she has been involved in the Birmingham Pub Bombings oral history project initiated by the University of Birmingham and a key member of the Misneach Memorial Committee in the promotion of social justice, healing and reconciliation in the city.

# Saturday 12th, 2.00pm - 3.15pm

## CBT and African American internalized racism: multicultural and advocacy implication

### Janee Steele

#### Session rationale

Scholars with a social justice perspective argue that traditional approaches to counseling do not adequately address the needs of marginalized populations (Ratts & Pedersen, 2014). In spite of growing research documenting the deleterious effects of oppression on marginalized groups, there are few resources within the counseling literature to assist clinicians with countering oppression's psychological effects (Hanna & Cardona, 2013). For counselors who work with African American clients, this is problematic as African Americans experience higher levels of daily distress due to racial oppression that not only includes racism, but also racial microaggressions and internalized racism as well. The existing body of research clearly demonstrates an association between racism and racial microaggressions, and poor mental health among African Americans; however, recent research suggests internalized racism may have a mediating effect on psychological distress caused by racist events. Graham et al. (2016) found that when internalized racism is accounted for, racist experiences over the past year are no longer a statistically significant predictor of anxious arousal and stress, illustrating the importance of addressing internalized racism as a focus of treatment for African American clients. David (2014) conceptualized internalized racism as "a set of self-defeating cognitions, attitudes, and behaviors that are developed as one consistently experiences an oppressive environment" (p. 14?). Given the largely cognitive nature of internalized racism, CBT offers constructs that make this form of therapy well suited for the exploration of internalized racism among African Americans. Some of these tenets include an emphasis on personal empowerment, attention to client strengths and support systems, and affirmation of one's own sense of identity. Moreover, prior research demonstrates the efficacy of CBT with various clinical disorders among African Americans (Huey & Polo, 2008; Wilson & Cottone, 2013). This presentation describes a cognitive-behavioral approach to countering the negative mental health effects of internalized racism among African Americans. First, the history of racial oppression among African Americans is briefly explored. Next, internalized racism is defined and a framework for understanding internalized racism among this population using CBT principles and concepts is presented. This model is then applied to a case study wherein CBT case conceptualization and treatment planning are illustrated, followed by a discussion of the generalizability of the approach to other countries and marginalized populations. The presentation concludes with a discussion of implications for clinical practice as it relates to counseling for social justice on micro to macro levels, using the ACA Advocacy Competencies as an

organizing framework (Toporek, Lewis, & Ratts, 2010).

### **Session description**

There are few resources to assist clinicians with countering the negative mental health effects of oppression. This session presents a CBT approach to the exploration of internalized racial oppression among African Americans. Case conceptualization and treatment planning using CBT will be illustrated through case study, with discussion of generalizability to other countries and marginalized populations. Implications for social justice with the Advocacy Competencies as an organizing framework are highlighted.

### **Primary presenter biography**

Janeé Steele is a licensed professional counselor residing in Kalamazoo, Michigan. She received her PhD in counselor education from Western Michigan University and an MEd in educational psychology from Southern Illinois University, where she also received bachelor's degrees in psychology and elementary education. Dr Steele has published conceptual and research-based articles in Counselor Education and Supervision, the International Journal for the Advancement of Counselling, and the Handbook of Counselor Preparation. She teaches in Walden's Clinical Mental Health Counseling program and also works in private practice, specializing in the treatment of adults and children with depression and anxiety.

