Sociocultural Identity and Oppression: A Psychoanalytic Perspective

Usha Tummala-Narra, Ph.D.

Associate Professor, Counseling, Developmental and Educational Psychology, Boston College & Independent Practice, Cambridge, MA
Conference Description
The Hamm Clinic 2019 Spring Conference highlights psychoanalytic understandings of sociocultural context in psychotherapy, focusing specifically on experiences of sociocultural oppression—such as racism, sexism, heterosexism and classism—and intersecting experiences of interpersonal violence.

Contemporary psychoanalytic perspectives emphasize the impact of sociopolitical contexts on mental health and the centrality of the therapeutic relationship in addressing effects of oppression on clients’ sense of safety, functioning and relational life.

Clinical vignettes will help to translate culturally informed psychoanalytic theory to practice.

You Will Learn to:
• Describe ways in which the sociocultural context of the client and the therapist influence conceptualizations of health and pathology in development.
• Recognize how psychoanalytic theory informs and deepens an understanding of sociocultural context in psychotherapy.
• Identify how experiences of privilege and oppression contribute to complex and sometimes contradictory cultural identifications, as well as challenging dynamics within the therapeutic relationship.

Agenda
8:15 – Registration/Continental Breakfast
8:35 – Framing Sociocultural Issues from a Psychoanalytic Perspective
Dr. Tummala-Narra will focus on conceptualizing cultural competence from a psychoanalytic perspective, highlighting ways in which psychoanalytic concepts offer unique insights to understanding the role of sociocultural context in the patient’s and therapist’s lives. She will emphasize the role of the client’s indigenous narrative and the use and interpretation of language and affect in psychotherapy.

10:30 – Break

10:45 – Negotiating Sociocultural Identity in the Context of Oppression
This presentation will center on the complexity of cultural identity formation within the context of choice and constraint. The focus will be on the impact of sociocultural oppression on intrapsychic and interpersonal worlds of the client and the therapist, and how ongoing trauma within the current sociopolitical climate influences the therapeutic frame and process.

11:45 – Lunch (On your own in the museum.)

1:10 – Case Presentation and Discussion
This case illustration will translate concepts presented in the morning to better understand how sociocultural context shapes conscious and unconscious processes in the therapeutic relationship. The presentation will be followed by audience discussion regarding impressions of theory and technique.

2:30 – Break

2:45 to 4:00 – Addressing Sociocultural Issues in Clinical Training and Q&A
This part of the conference will focus on the importance of self-examination and addressing instability in our sociopolitical climate in clinical training programs, including supervision. Dr. Tummala-Narra will discuss some dilemmas inherent to clinical training related to sociocultural issues, and the audience will be asked to share their experiences in training and examine their own goals for engaging with issues of diversity in practice and training.

4:30 to 6:00 – Meet and Greet Reception
(Hors d’oeuvres and cash bar. RSVP required.)

REGISTRATION
Register early! Space is limited.

Registration Fees:
► Until April 19: $150
► April 20 to May 3: $160
► At the door: $170
► Student (proof required): $65

Registration includes all sessions, parking, continental breakfast, snacks and museum visit. (Lunch is at your expense.)

Cancellations
Cancellations will be accepted until May 3. Registration will be refunded less a 25% administration fee. Contact Mary Horner at mhorner@hammclinic.org or 651.403.5021.

Location and Parking
Science Museum of Minnesota
120 W. Kellogg Blvd.
Saint Paul, MN 55102
Park in the Science Museum ramp: https://www.smm.org/visit/parking-directions

CONTINUING EDUCATION CREDITS
5.5 Continuing Education Credits have been granted by the Minnesota Boards of Social Work, Psychology and Marriage and Family Therapy. Credits are pending for the Minnesota Board of Behavioral Health and Therapy.

Hamm Clinic 2019 Spring Conference
If you cannot register online, send this form with check or credit card information to Hamm Clinic, Attn: Hamm Clinic Conference, 408 St. Peter Street, Suite 429, Saint Paul, MN 55102

NAME ___________________________ I will attend the Meet and Greet Reception □ YES □ NO

DEGREE/LICENSE ___________________________ ORGANIZATION ___________________________

ADDRESS ( □ home □ work ) __________________________________________________________

CITY, STATE, ZIP ___________________________________________________________________

PHONE ___________________________ EMAIL ___________________________

AMOUNT $ ___________________________ □ CHECK ENCLOSED □ VISA □ MASTERCARD

CARDHOLDER NAME _________________________________________________________________

CREDIT CARD NUMBER ___________________________ EXPIRATION DATE ____________

LOCATION AND PARKING
Science Museum of Minnesota
120 W. Kellogg Blvd.
Saint Paul, MN 55102
Park in the Science Museum ramp: https://www.smm.org/visit/parking-directions

REGISTRATION FEES
Registration includes all sessions, parking, continental breakfast, snacks and museum visit. (Lunch is at your expense.)

Lunch (On your own in the museum.)

CONTINUING EDUCATION CREDITS
5.5 Continuing Education Credits have been granted by the Minnesota Boards of Social Work, Psychology and Marriage and Family Therapy. Credits are pending for the Minnesota Board of Behavioral Health and Therapy.

MEET AND GREET RECEPTION
(Hors d’oeuvres and cash bar. RSVP required.)