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**OREGON PSYCHOANALYTIC CENTER PRESENTS
THE DIVERSITY LECTURE SERIES SPONSORED BY
ARLENE SCHNITZER**

A VIRTUAL EVENT

Exploring the Complexity of Immigrant Context and Experience in Psychoanalytic Psychotherapy

**WITH
USHA TUMMALA-NARRA, PHD**

Saturday, September 25, 2021

9:00 am - 1:00 pm

4 CMES*

***This workshop is designed to meet requirements of
the Oregon Board of Psychologists, Examiners for
four hours of Cultural Competency CE**



COURSE DESCRIPTION:

This course involves two separate, interrelated paper presentations, which include case illustrations demonstrating applications of theoretical points made in the presentations. There will be ample time set aside for discussion following each paper presentation. Descriptions of the two papers are below:

PAPER 1: EXPLORING THE COMPLEXITY OF IDENTITY IN THE IMMIGRANT EXPERIENCE

PAPER 2: MOVING TOWARD A DECOLONIZED APPROACH TO RACE AND IMMIGRATION IN PSYCHOANALYTIC THEORY AND PRACTICE

BIBLIOGRAPHY:

- Holmes, D.E. (2016). Culturally imposed trauma: The sleeping dog has awakened. Will psychoanalysis take heed? *Psychoanalytic Dialogues*, 26(6), 641-654.
- Akhtar, S. (2014). The mental pain of minorities. *British Journal of Psychotherapy*, 30(2), 136-153.
- Tummala-Narra, P. (2016). *Psychoanalytic theory and cultural competence in psychotherapy*. Washington, DC: American Psychological Association

LEARNING OBJECTIVES:

1. Identify how stereotyping and discrimination shape cultural identifications for immigrants and their children.
2. Analyze the ways in which therapists and clients engage in determining health and pathology based on unique developmental narratives regarding race and immigration.
3. Recognize how therapists can work toward decolonizing narratives and move toward a therapeutic stance of humility and witnessing that engages multiple and contradictory perspectives.

PRICING:

**\$150 - NON-MEMBERS
\$135 - MEMBERS
\$75 - STUDENTS/
RESIDENTS/
INTERNS/ COMMUNITY
MENTAL HEALTH
PROFESSIONALS**

Paper 1

This presentation will address the complexity of exploring various aspects of identity among immigrants and the 2nd generation in U.S. society. The presenter will explore the role of discrimination and stereotyping, the experience of multiple identities, and marginalization and privilege among racial minority immigrant-origin people. She will underscore the importance of recognizing unconscious processes underlying identifications concerning race and gender in particular, and the sociopolitical contexts associated with these identifications. She will provide clinical vignettes that will help to foster discussion with audience members, focusing on relevant dilemmas that arise in the therapeutic relationship.

Paper 2

Psychoanalytic theory was founded on a fundamental challenge to existing assumptions about human development and its relationship to conflict and suffering. Yet, the quest to describe the psyche in universal terms superseded attention to the inextricable connection between psyche and context with regard to development. This presentation will explore how narratives on development within psychology and psychoanalysis continue to reflect colonized perspectives rooted in particular Euro-American views. Focusing primarily on race and immigration, the presenter considers how an effort to decolonize narratives on development is not only critical for moving toward culturally informed theory and practice, but also an ethical imperative in psychoanalysis.

BIOGRAPHY:

Usha Tummala-Narra, Ph.D. is a Professor of Counseling, Developmental and Educational Psychology and Director of Doctoral Training in Counseling Psychology at Boston College. She is also in Independent Practice. Her research and scholarship focus on immigration, trauma, race, and cultural competence and psychoanalytic psychotherapy. She has served as the chair of the Multicultural Concerns Committee and Member-at-Large on the Board of Directors in American Psychological Association Division 39 (Psychoanalysis), and as a member of the APA Committee on Ethnic Minority Affairs, the APA Presidential Task Force on Immigration, and the APA Task Force on Revising the Multicultural Guidelines. Dr. Tummala-Narra is an Associate Editor of the Asian American Journal of Psychology, Associate Editor of Psychoanalytic Dialogues, and Senior Psychotherapy Editor of the Journal of Humanistic Psychology. She is a Fellow of the American Psychological Association, and with APA Division 39 and Division 45. She is the author of Psychoanalytic Theory and Cultural Competence in Psychotherapy, published by APA (American Psychological Association) Books in 2016. Her edited book, Trauma and Racial Minority Immigrants: Turmoil, Uncertainty, and Resistance, was published by APA Books in January 2021.

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Continuing Medical Education: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the Oregon Psychoanalytic Center. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 4.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters for this educational activity have relevant financial relationship(s)* to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

*Financial relationships are relevant if the educational content an individual can control is related to the business lines or products of the ineligible company.

