

Lunch



Learn

Thursday, December 3, 2020

Talking with Children about Race and Identity

Katherine Lingras, Ph.D., LP

Program: 11:45 a.m. – 12:45 p.m.

Level: Intermediate

(assumes participants have equivalent of doctoral education in psychology and additional knowledge in this area)

Location: Online via Zoom

This presentation is designed for psychologists, other mental health professionals, students and faculty.

About the Program:

This program qualifies for 1.0 continuing education credit.

Children see race. They recognize phenotypical differences among people. However, research shows that not all parents, caregivers, and adults provide guidance (or even space) around how to navigate conversations about race, identity, and racism. And some parents and providers avoid or silence the topic altogether. There are significant repercussions when we do not provide space for these formative conversations, as silence is where stereotypes, biases, and racism are reinforced. This lunch and learn will focus on navigating discussions around race and racism with children at various developmental levels, why we don't, why we should, and how to start (or continue). Participants will learn rationale behind the importance of having these conversations and concrete skills for initiating and facilitating these discussions. They will also be encouraged to reflect on their own case examples to identify ways in which race and identity may be at play for clients and students and to consider how to address these issues in a therapeutic or supervisory context, respectively.

Participants will be able to:

1. Participants will describe the importance of and guidelines for talking to children about race/identity and racism/discrimination.
2. Participants will learn and practice provided tools for facilitating conversations about race and identity and/or racism/discrimination with children.

About the Presenter:

Katherine (Katie) Lingras, Ph.D., received her Ph.D. from the University of Minnesota - Department of Psychiatry and Behavioral Science. Dr. Lingras is an Assistant Professor and Licensed Child Psychologist in the Psychiatry and Behavioral Sciences Department of the University of Minnesota where she specializes in early childhood mental health, emotional/behavioral regulation concerns, and dyadic (parent-child) treatment for children who have experienced trauma. Her clinical work and research is focused on social-emotional development and building the capacities of the adults who care for them. Dr. Lingras co-directs the Psychiatry Department's Early Childhood Mental Health Program, which provides assessment and outpatient parent-child treatment. She also works within the community providing mental health consultation and professional development training in early care and education settings and primary care clinics. Dr. Lingras is also passionate about work related to equity, diversity and inclusion: she is the founder and co-chair of her department's Diversity and Inclusion Committee, a member of the Medical School's parallel committee, and serves as the department's Deputy Vice Chair of the Impact and Well-Being Division which focuses on these cross-cutting issues in research, clinical, and education sectors. In her clinical work, supervision, and teaching, Dr. Lingras makes it a priority to center and explore identity and culture as important aspects of the therapeutic relationship both for the patient and the provider.

The speaker has indicated they do not have any conflicts of interest.

Lunch & Learn

December 3, 2020

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____ City/State/Zip: _____

Please check: Home Work

E-mail: _____ Phone: _____ Fax: _____

Please check: Home Work

Registration Fee: MPA member: **\$15** Non-member: **\$20** Student: **\$10**

Your registration fee includes a box lunch and one continuing education credit. Registrations must be received three days prior to the event date..

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

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The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

About Lunch & Learns:

Lunch & Learns are informal programs for psychologists and other mental health professionals and are at the intermediate level.

*REGISTRATION: There is no early bird rate for registration. The registration fees are: MPA Members = \$25, Non-members = \$30, Students = \$25. Registration fee includes box lunch and CE certificate (1 credit). We will not be duplicating program materials. **Participants are limited to the first 30 registrants. There is no on-site registration.**

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations to make this event accessible, please contact Katie Benson at 952-928-4657 or info@mnpsych.org.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

Please note: You must attend the full 1-hour program to receive continuing education credit for this event.