

**The Minnesota Psychological Association cosponsors Friday Forums  
with Metropolitan State University Psychology Department**

# FIRST FRIDAY FORUM

**Friday, February 5, 2021**

**Racialized Labor, Racial Battle Fatigue, and Cultural Health**

*Tabitha Grier-Reed Ph.D., LP*

**Program:**

9:00 a.m. – 12:00 p.m.

This session is at the intermediate level and is designed for psychologists and other mental health professionals.

**Location:**

Online via Zoom. Attendees are encouraged to join the webinar five to ten minutes prior to the start.

**Awards Program (optional):**

12:00 p.m. – 12:15 p.m.

## About the Program:

*This program qualifies for 3.0 continuing education credits.*

Although little may be new with respect to the lived experience of racialized labor for Black people navigating Whiteness and White spaces, the ability to name this phenomenon is key to understanding and intervention. This session includes a description of the first published study of racialized labor in everyday life, where racialized labor is defined as the ongoing process of navigating hostile environments steeped in a White racial frame. In addition to introducing racialized labor, this presentation will also include a discussion of racial battle fatigue—a likely outcome of all the racialized labor in people’s lives. Naming the unnamed, i.e., racialized labor, provides an important analytical tool for distinguishing the ongoing process of navigating racism from negative consequences such as racial battle fatigue. These concepts also have critical implications for creating spaces that facilitate cultural health, where scholars have criticized the individual psychotherapy framework as one-to-one counseling does not fully consider the person in the context of their environment. In fact, this may be one reason why Black and Latino communities tend to underutilize professional mental health services. Moreover, the interracial context of counseling and therapy represents a microcosm of the larger society. Hence, in this presentation Dr. Grier-Reed will integrate previous research findings

to underscore the need for moving toward an orientation based in cultural health rather than simply mental health.

**Participants will be able to:**

1. Identify racialized labor in everyday life.
2. Distinguish between the process of navigating racism and possible negative outcomes such as racial battle fatigue.
3. Define cultural health.

## About the Presenter:

**Tabitha Grier-Reed Ph.D., LP**, is a licensed psychologist and professor at the University of Minnesota whose mission includes creating generative, humanizing, and even healing spaces for Black students. Dr. Grier-Reed received a Ph.D. from the University of Minnesota in Counseling and Student Personnel Psychology (CSPP). In 2005 she co-founded the African American Student Network (aka AFAM)—a safe space for Black students on the University of Minnesota campus, and she continues to publish research on the network which has been connected to positive retention and graduation outcomes, traditional therapeutic factors, and increased social connectedness. Most recently, she has also identified AFAM as a space for “racialized labor”—a term she coined in trying to capture the lived experiences of students.

The speaker has indicated no conflicts of interest.

**PLEASE NOTE: You must attend the full program to get continuing education credit for the event.**

**A presentation will follow the event honoring Dr. Beryl Wingate, Psy.D., LP, with the John M. Taborn Award for Outstanding Contributions to Psychology by a Person of African Descent.**

## About First Friday Forums:

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.

**CONFIRMATION/CANCELLATION:** 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.

**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. No refund or transfer is given the day of the program.



# MPA First Friday Forum • February 5, 2021

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**Registration is available until the event begins.** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

Total Amount Enclosed: \$ \_\_\_\_\_

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