

***BIPOC Mental Health in the Current Sociopolitical Climate:  
Examining Self & Practice for Equity and Social Justice***  
Kimberly Burdine, Ph.D.

**Date:** Wednesday, March 24th, 2021

**Time:** 1:00 PM – 4:00PM

**Location:** Virtual Training by Zoom

**Registration Deadline:** March 22 at 5pm

**Registration Cost:** Free to UCI & UCR Staff

Zoom link: To be provided after registration.

**CE Credits:** 3 hours (will be received within 2 weeks and will only be granted to those who attend the entire program and complete a post workshop Qualtrics survey sent through a separate email after the workshop. Your attendance will be tracked by zoom).

**Program Description:**

The current U.S. political climate is ripe with leaders asserting ideas about and plans to help all citizens achieve the “American Dream”. This dream is predicated on what Franklin (1999) outlined as achieving visibility, which includes the pursuit of validation, legitimacy, respect, dignity, recognition, satisfaction, and identity. Systemic oppression, microaggression, marginalization, and culturally motivated violence disrupt visibility for people of color (POC) (Franklin, 1999). The cumulative effects of these factors significantly impact psychological wellbeing (Brownson et al., 2012; Bryant-Davis & Ocampo, 2006; Cabral & Smith, 2011; Franklin, 1999; Smith, Chesin & Jeglic, 2014). Pairing clients with clinicians of similar racial identity, modifying treatment conceptualization and approach to fit the POC experience, and honing non-POC clinicians’ diversity consciousness have been identified as effective strategies (Bryant-Davis & Ocampo, 2006; Cabral & Smith, 2011).

**Learning Objectives:**

1. Discuss the historical factors and social constructs that compound racial stress and trauma
2. Discuss the current sociopolitical climate and its impact on equity in mental health for university counseling centers
3. Discuss myths and stigma associated with BIPOC college student mental health prevention and treatment
4. Critically analyze and consider implications of
  - a. intersectionality of identity; oppression/privilege within self, practice, profession, and disciplines
  - b. trauma-informed care
  - c. physical, emotional and spiritual “space” of university counseling practice, training and administration
5. Identify strategies to increase equity and social justice in mental health provision and outreach for marginalized lived experience in academia

**Agenda:**

- 1:00 - 1:45 PM: The BIPOC Context & College Student Mental Health
- 1:45 - 2:30 PM: Critical Analysis & Implications (Part 1)
- 2:30 - 2:40 PM Break
- 2:40 - 3:00 PM: Critical Analysis & Implications (Part 2)
- 3:00 - 3:55 PM Strategies for Equity & Justice in University Counseling
- 3:55 - 4:00 PM: Evaluations & Certificates

**About the Presenter:**

Dr. Kimberly Burdine (pronouns: she/her/hers) is a licensed psychologist and has worked in university counseling for nearly a decade. She currently serves as Associate Clinical Professor of Counseling Psychology at Texas Woman’s University. She recently served as Assistant Director, Training Director at The University of Texas at Dallas Student Counseling Center. She has also served as Director of Community Engagement and as coordinator of equity initiatives for Black mental health. In her work with the college student population, providing services for students who are marginalized and underserved has been most rewarding. This work includes consultation and support for various departments, offices, and student organizations to destigmatize mental health concerns and promote equity, affirmation and diversity consciousness. Dr. Burdine’s primary research interests are cultural identity-based stress and trauma and multicultural competence in teaching, training and supervision. She feels most “at home” professionally when providing consultation, prevention and outreach programming, group therapy, training and supervision. Dr. Burdine launched Kimberly Burdine Psychological Services and Consulting, PLLC this summer, which features counseling for Queer, Black & Indigenous People of Color and consultation and training for equity in social services and education programs.

Click on the Following Link to Register:

[https://uci.co1.qualtrics.com/jfe/form/SV\\_5ABgmrPjsHFVq74](https://uci.co1.qualtrics.com/jfe/form/SV_5ABgmrPjsHFVq74)



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