

Supervision with An Anti-Oppression Lens (and Mirror) Dr. Kelly Koo

Date: Tuesday, March 26, 2024

Time: 9:00 AM – 4:30 PM (PST)

Location: Virtual training by Zoom

Registration Deadline: March 20, 2024

Fee: Free for UCI Counseling Staff

CE Credits: # 6 hours (will only be granted to those who attend the entire program and complete an evaluation)

Zoom link: To be provided
after registration!

Program Description: The primary purposes of this workshop are to: (1) facilitate a deeper understanding of the impacts of systems of oppression on some of our supervision practices (even if unintentional), (2) identify assumptions about supervision and our profession that may be embedded in oppression, and (3) learn and practice concrete skills to develop an anti-oppressive approach to supervision. A nonjudgmental rationale explaining why we avoid explicitly discussing topics related to oppression and power and how our own identities and lived experiences may influence our avoidance will be presented. Participants will be encouraged to engage in deep self-reflection to identify one's own patterns and to participate in pair shares, as well as small and large group discussions to discuss and learn strategies to ultimately model for trainees, engaging in relational culture building—an alternative to perpetuating systems of oppression. This workshop is designed to increase supervisors' willingness to approach (instead of avoid) inherently uncomfortable topics related to identity, inequity, and power, with awareness of the impacts of oppression. In doing so we hope to ultimately support cultural humility, equitable and inclusive communication and relationships, multicultural case conceptualization, supervisees' multicultural training experiences, and supervisor-supervisee interactions.

Learning Objectives:

1. Explain a rationale for common avoidance reactions to topics related to oppression, including identity and power.
2. Identify how systems of oppression, in particular white supremacy, may be contributing to how we unintentionally perpetuate unwanted relational dynamics and characteristics in our field, particularly with trainees.
3. Initiate and engage in uncomfortable and courageous conversations on microaggressions with trainees (and others), with curiosity and compassion.
4. Identify factors that facilitate open dialogue in supervision, promoting equity, diversity, multiculturalism, and inclusion and anti-oppression.

Agenda:

TIME	TOPIC
9:00 – 10:00	Welcome and Orienting: Setting our Rationale, the Container for Today, and Goals.
10:00 – 10:30	Supervisor's Relationship to Power (and privilege) and Oppression: Responsibly Building Relational Culture
10:30 – 10:45	BREAK

10:45 – 12:00	Building Intentional Professional Community with Relational Culture: Inviting a More Intentional Lens to “Professionalism” and “Professional Development”
12:00 – 1:00	LUNCH
1:00 – 2:45	DIVE: A framework for Responding Mindfully to a Microaggression
2:45 – 3:00	BREAK
3:00 – 3:45	Feedback with Functional Analysis: Clear is kind
3:45 – 4:15	Care for the Care-er: Oppression and Our Relationship to Rest
4:15 – 4:30	Debrief and Close out

About the Presenter:

Dr. Kelly Koo is a clinical psychologist, licensed in California (PSY27845) and has nearly 20 years of experience facilitating vulnerable and connecting dialogue on identity, power, and oppression to advance equity. She has multiple peer-reviewed publications primarily focused on identity, culture, and trauma. Dr. Koo provides consultation, training, and coaching for individuals, teams, leaders, and organizations, supporting the mental health of diverse communities through an equity and inclusion lens. She received her bachelor’s degree from University of California, Berkeley and her doctorate from the University of Washington. Dr. Koo spent almost 10 years supporting the mental health of diverse veterans in the Veterans Affairs health care systems in the Bay Area. She currently provides clinical supervision for PsyD students at The Wright Institute in Berkeley, CA and is also a Volunteer Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the University of California, San Francisco (UCSF), where she facilitates DEI trainings. Dr. Koo also provides psychotherapy for diverse adults with trauma, using a cultural humility framework.

Click on the following link to register:

[Supervision with an Anti-Oppression Lens \(and Mirror\)](#)



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