



The IPA Summer Institute Presents:

The Ghost in the Machine: Navigating Intergenerational Trauma, Migration, Identities, and Therapeutic Dynamics

An In-Person Workshop

Friday, June 21, 2024

10:00 am to 4:00 pm

Midwestern University, Downers Grove, IL

Presented by

Bianka Hardin, Psy.D.

and

Cynthia Langtiw, Psy.D.

5 Hours of APA Approved Continuing Education Credit



Dr. Bianka Hardin is a Licensed Clinical Psychologist and the owner of Centered Therapy Chicago, PLLC. She started her group practice in 2014 with a clear mission: to assist children, adolescents, and adults in enhancing their mental well-being and overall quality of life. With nearly 25 years of experience as a trauma therapist, she remains dedicated to her ongoing personal and professional development in this field.

Her passion lies in understanding the intricate interplay of cultural, systemic, and intergenerational factors that influence health and well-being. Specializing in working with trauma survivors and individuals within the healing professions, she finds immense reward in supporting clients who share her dedication

to mental health. Recognizing the challenges inherent in the therapeutic profession, she advocates

for additional support for mental health professionals grappling with vicarious trauma or burnout, given the complexities of the world today.

Beyond therapy, she finds fulfillment in teaching, supervision, consultation, and training. Her teaching career spans roles as a Full-time and Part-Time Professor at the Chicago School of Professional Psychology, where she also served as Associate Department Chair. She began supervising clinicians in training in the early 2000s during her tenure as Assistant Director and Director at the Village of Hoffman Estates Department of Health and Human Services. Additionally, she has supervised Doctoral Level Interns at Pillars Community Health Center. At Centered Therapy Chicago, she has cultivated an environment centered on learning, growth, and development. Actively involved in training both within their pre-doctoral training program and at the CTC Training Center, Dr. Hardin shares her expertise through presentations and consultations on various topics, including trauma, child abuse prevention, self-care, mindfulness, and trauma stewardship.

Dr. Hardin is committed to lifelong learning and is a trauma informed body-oriented therapist who is both a Somatic Experiencing Practitioner (SEP) and NARM Master Therapist. She has been actively involved in the SE and NARM Training Community as a Training Assistant and is a part of the Complex Trauma Training Center Leadership Team.



Dr. Cynthia Lubin Langtiw is a Haitian American licensed clinical and community psychologist and Full Professor in the clinical psychology program at The Chicago School. She has served as a supervising psychologist at Mount Sinai Hospital and Advocate Family Care Network. Dr. Langtiw is a volunteer psychologist and clinical supervisor with The Marjorie Kovler Center for Survivors of Torture. She also provides training on psychological trauma for the Young Center for Immigrant Children's Rights. She is the board president of Point Source Youth, an

organization aimed at ending youth homelessness.

Her work reflects a strong systemic/community sensibility that integrates a relational intercultural perspective. Much of her clinical work has been helping youth, adults, couples, families and communities utilize their own resources to heal from trauma and thrive. Dr. Langtiw has a strong passion for teaching, qualitative research, clinical training and enjoys supporting students in finding their voice in psychology.

Program Description

“Instead of asking what are people’s roots, we ought to think about what are their *routes*, the different points by which they have come to be now; they are, in a sense, the sum of those differences.” (Hall, Stuart, 1999)

In this workshop, we will delve into the intricate pathways that shape who we are in the present moment. Drawing from Stuart Hall's (1999) insightful perspective, we will explore not just our roots, but the diverse routes that have led us here, acknowledging that our identities are the sum of these multifaceted journeys. Participants are invited to engage in an interactive

workshop aimed at defining and understanding intergenerational trauma and resilience. Through didactic presentation, self-reflection, and exploration, we will unravel the layers of our migration stories, recognizing how they intersect with therapeutic dynamics and are clinically applied.

Learning Objectives

By the end of this workshop, participants will:

- Define and increase understanding of intergenerational trauma and resilience.
- Recognize the impact of migration history on therapeutic relationships and dynamics.
- Investigate transference/countertransference within the context of migration and intergenerational issues.
- Cultivate self-reflective practices and self-assessment concerning migration and intergenerational themes.
- Apply newfound insights into intergenerational and migration issues to enhance their clinical practice.

Workshop Schedule

10:00 to 12:30pm: Workshop

12:30 – 1:30 pm: Lunch (on own)

1:30 - 4:00 pm: Workshop

CONTINUING EDUCATION CREDITS

The Ghost in the Machine: Navigating Intergenerational Trauma, Migration, Identities, and Therapeutic Dynamics is sponsored by: The Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

5 continuing education credits for psychologists will be awarded.

CONTINUING EDUCATION GRIEVANCE POLICY

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content, and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following action will be taken:

If the grievance concerns the content of the workshop, an IPA representative will mediate and will be the final arbitrator.

Direct correspondence to:

Illinois Psychological Association

67 East Madison Street Suite 1904
Chicago, Illinois 60603
sogrady@illinoispsychology.org

LOCATION

Midwestern University
Behavioral Science Event Room 5th Floor
555 31st Street
Downers Grove, IL 60515

CANCELLATION POLICY

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing to Dr. Susan O'Grady sogrady@illinoispsychology.org

REGISTRATION

The Ghost in the Machine: Navigating Intergenerational Trauma, Migration, Identities, and Therapeutic Dynamics will be held on Friday, June 21 from 10:00 am to 4:00 pm at Midwestern University, Downers Grove, IL

Stay tuned for the registration link. IPA is currently in the process of upgrading its webinar registration platform. Registration should open by May 1st. Email announcements will be sent and posted to the IPA website once registration opens.

Workshop Fees Before May 24, 2024

Member: \$125 Non-Member: \$150 Student: \$10

After May 24, 2024

Member: \$175 Non-Member: \$200 Student: \$15

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, they should contact Dr. Susan O'Grady by May 14th, 2024, to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Dr. Susan O'Grady

312-372- 7610 x203.

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.