



***IPA Spring Institute***  
**Politics in the Treatment Room:  
How Clinicians Approach and Navigate the Taboo**

**Friday, May 20, 2022  
9:00 am to 4:30 pm**

**Organized by: The IPA North Central and South Central  
Region Representatives  
A Live Interactive Webinar  
Presented by  
Milagros Saxon, PhD**

**Six Hours of Continuing Education Credit**



Milagros Saxon, PhD is a licensed psychologist and former owner of New Day Psychotherapy Group. She specializes in working with patients experiencing trauma, eating disorders, addiction, and postpartum concerns. She earned her PhD from Pacifica Graduate Institute and combines her deep knowledge of evidence-based practices with psychoanalytic thought and interventions, which includes the value of creativity in the treatment room. She has advanced training from the Jung Institute in Jungian Sandplay therapy, which she uses with teens, adults, and even teams. From an organizational perspective, Dr. Saxon's leadership expertise as a former Naval Officer has offered her special skills that she uses to develop good teams into great teams. Additionally, Dr. Saxon is an expert in culture cultivation and employee engagement and speaks on current events and how they fit into the treatment room.

## **Program Description**

In this workshop, we will explore the taboo subject of politics in the treatment room. Often, we are asked to be a blank slate welcoming anything our patients bring into the room and relationship. What can clinicians do when faced with patients who express similar, different, or even painful discriminatory views? Unfortunately, training programs and institutions do not give

enough guidance on how to effectively navigate this subject, leaving the clinician at a loss on how to not only work with the countertransference, but how the tension can lead to awareness and healing for the patient. Together, we will explore how political ideology can be seen as an outward expression of our patient's internal world, and how we can create a framework for inviting the potentially polarizing topic into the room and transform it into valuable psychological growth. In order to do this, we will invite depth/analytic psychology, myth, and even the biopsychology of political beliefs and behaviors to inform just how politics can be used to understand our patients fears, needs, and desires. We will explore how to invite hot topics such as elections, Black Lives Matter vs All Lives Matter, vaccines vs antivaxx beliefs, civil rights and every topic in between in a safe and psychologically productive ways.

## Learning Objectives

Attendees will be able to:

1. Identify ways of utilizing patient's political beliefs as tools in understanding their motivations and desires.
2. Recognize how politics is a representation of our patient's internal world.
3. Define "the political psyche".
4. Describe a framework for working with a patient with discriminatory views.
5. Explain the psychological need for chaos in politics.
6. Invite hot topics into the treatment room.

## Workshop Schedule

- 9 - 10:30 AM: Workshop
- 10:30 - 10:45AM: Break
- 10:45 - Noon: Workshop
- Noon - 1PM: Lunch
- 1 - 2:30 PM: Workshop
- 2:30 - 2:45PM: Break
- 2:45 - 4:30PM: Workshop

## CONTINUING EDUCATION CREDITS

*Politics in the Treatment Room: How Clinicians Approach and Navigate the Taboo* 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.

**Six continuing education credit 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  
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[mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)

## LOCATION

**This workshop is being held as a live webinar only.**

## REFERENCES

- Brewster, F. (2020). *The racial complex: Jungian perspectives on culture and race*. Routledge.
- Guiffrida, D., Tansey, M., & Miller, D. (2019). A constructive approach to help counselors work with clients who express discriminatory views. *Journal of Counseling & Development, 97*(1), 105-112.
- Meade, M. (2012). *Why the world doesn't end: Tales of renewal in times of loss*. GreenFire Press.
- Milton, M. (2017). *The personal is political: Stories of difference and psychotherapy*. Macmillan International Higher Education.
- Milton, M., & Legg, C. (2000). Politics in psychotherapy: Therapists' responses to political material. *Counselling Psychology Quarterly, 13*(3), 279-291.
- Rabin, J. (2021). Blue brain- red brain: The Biopsychology of political beliefs and behavior. In *The Psychology of Political Behavior in a Time of Change*, pp. 15-53. Springer, Cham.
- Samuels, A. (1993). *The political psyche*. Routledge.

Samuels, A. (2018). *Politics on the couch: Citizenship and the internal life*. Routledge.

Singer, T. (2020). *Cultural complexes and the soul of America: Myth, psyche, and politics*. Routledge.

Solomonov, N., & Barber, J.P. (2019). Conducting psychotherapy in the Trump era: Therapists' perspectives on political self-disclosure, the therapeutic alliance, and politics in the therapy room. *Journal of clinical psychology*, 75(9), 1508-1518.

Winter, L. A. (2019). Social justice and remembering "the personal is political" in counselling and psychotherapy: So, what can therapists do?. *Counseling and Psychotherapy Research*, 19(3), 179-181.

**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 Marsha Karey, [mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)

## REGISTRATION

*Politics in the Treatment Room: How Clinicians Approach and Navigate the Taboo* will be held on Friday, May 20, 2022 from 8:30 am to 4:30 pm in a live interactive Webinar format.

**Register online on the IPA Website or call the IPA Office: 312-372-7620 x 201**

**[www.illinoispsychology.org](http://www.illinoispsychology.org)**

### **Workshop Fees**

#### **Before May 13, 2022**

Member: \$125

Non-Member: \$175

Student: \$30

#### **After May 13, 2022**

Member: \$150

Non-Member: \$200

Student: \$50

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 Marsha Karey by May 6, 2022 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Marsha Karey 312-372-7610 x201.

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.

