



**White Racial Identity in Clinical Practice**  
**Friday, April 4, 2025**  
**12:00 to 3:00 pm (CST)**

**Online Webinar: A link will be sent to all registrants**

**Sponsored by:**  
**Illinois Psychological Association**  
**Equity, Diversity and Inclusion Committee**

**3 Hours of Continuing Education Credit**

**Presented by**



**Janet E. Helms, PhD**

Dr. Janet E. Helms is co-founder of Psychologists for Racial Justice ([psych4rj@gmail.com](mailto:psych4rj@gmail.com)); Professor Emeritus, Boston College; and a licensed psychologist. She is Past President of the Society of Counseling Psychology (Division 17 of the American Psychological Association). Dr. Helms is the sixteenth most influential psychologist in the country based on her scholarship on race, racism and the other “isms” or conditions of societal oppression, according to an AI ranking. She is the author of the McGuffey Longevity Award winning book, “A Race Is A Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life.”

**and**



**Anmol Satiani, PhD**

Dr. Anmol Satiani is a co-founder of Psychologists for Racial Justice ([psych4rj@gmail.com](mailto:psych4rj@gmail.com)) with Dr. Helms. She is a Licensed Clinical Psychologist in Illinois who is serving as the Training Director, Clinical Supervisor, and Staff Psychologist at Center Focused Therapy, a group psychotherapy practice in Chicago, Illinois. Her presentations, consultation work, teaching, and scholarship have centered around race, culture, clinical supervision, and training. Given her passion for clinical training, she has been actively involved in the Association for Chicagoland Externship and Practicum Training (ACEPT) for over 10 years, including serving as President and founding and chairing the ACEPT Student Financial Concerns Committee. Dr. Satiani completed the APA Leadership Institute for Women in Psychology (LIWP) signature program in 2023. She earned her Ph.D. in Counseling Psychology at Boston College.

## Program Description

The general focus of this interactive, three-hour workshop is helping clinicians to recognize the racial dynamics of therapy. Most mental health service providers are White professionals whose competence in managing racial dynamics has been shaped by their own White racial socialization and clinical training in which there was virtually no attention to racism per se. Consequently, when racism becomes salient in interactions with clients, the provider in charge has no guidance as to how to provide effective interventions or to recognize ineffective ones. Since practitioners rarely receive training in the power dynamics of race and racism as they pertain to therapy, they may not be aware of how they express their racial identities in their interventions or how clients express their racial identities in clinical practice. Therefore, it is important to use a diagnostic model that helps practitioners recognize the power dynamics of racial identity and engage in processes to reduce conflict or clinical impasses specific to the therapeutic relationship, and/or the institutions in which clinical work occurs. In this three-hour workshop, we intend to engage clinicians in using Helms's White Racial Identity Model to recognize different types of problematic and harmonious clinical relationships and dynamics of clinical environments, as well as clinicians' roles in contributing to them. We will be utilizing virtual breakout rooms to encourage participants' discussion of clinical material associated with brief informational sessions.

# Learning Objectives

Participants will be able to:

1. Identify two implications for clinicians of the interactions among different types of power at the institutional level
2. Recognize six types of power in clinical practice
3. Describe at least two White racial identity schemas
4. List three strategies to avoid retraumatizing survivors of racism or oneself

## CONTINUING EDUCATION CREDITS

*White Racial Identity in Clinical Practice* 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.

Three 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:**

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Chicago, Illinois 60603  
[sogrady@illinoispsychology.org](mailto:sogrady@illinoispsychology.org)

## LOCATION

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

# REGISTRATION

***White Racial Identity in Clinical Practice* will be held on Friday, April 4, 2025, from noon to 3:00pm (CST) as a live interactive Webinar. You will receive a link from the Illinois Psychological Association through CE21 prior to the webinar. To join the webinar, please sign into your CE21 account at least 15 minutes prior to the webinar.**

**Register online at <https://ipa.ce21.com/>  
or call the CE21 tech support number at 877-602-9877**

**Friday, April 4, 2025, from noon to 3:00pm (CST)**

## **Workshop Fees**

IPA Members: \$80  
Non-Members: \$120  
Student: \$25

**Group Student/Trainee Rate: \$50  
Supervisor/Teacher must enroll at full workshop fee  
(Contact Susan O'Grady, PsyD at [sogradv@illinoispsychology.org](mailto:sogradv@illinoispsychology.org) for details)**

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, she/he should contact Dr. Susan O'Grady by March 21, 2025 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.

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*The more individuals who participate, the louder our collective voice can be towards positive changes in Illinois Mental Health. If you would like to join, please visit our website.*

