

Dismantling White Supremacy Culture, One Client at a Time



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Sacramento Valley Psychological Association

2024 Conference

What I'll Be Talking About

1. Liberation
2. Privilege
3. white Supremacy Culture
4. Cognitive Distortions
5. Allyship
6. Liberation Psychology
7. Questions



Learning Objectives



1. Define ‘white Supremacy Culture’ and Provide At Least 2 Examples of How It Differs From white Nationalist Groups.
2. Identify At Least 3 white Supremacy Culture Characteristics and Identity At Least 3 Types of Corresponding Cognitive Distortions.
3. Identify 4 Pillars of ‘Allyship.’
4. Describe At Least 3 Key Elements of Liberation Psychology.

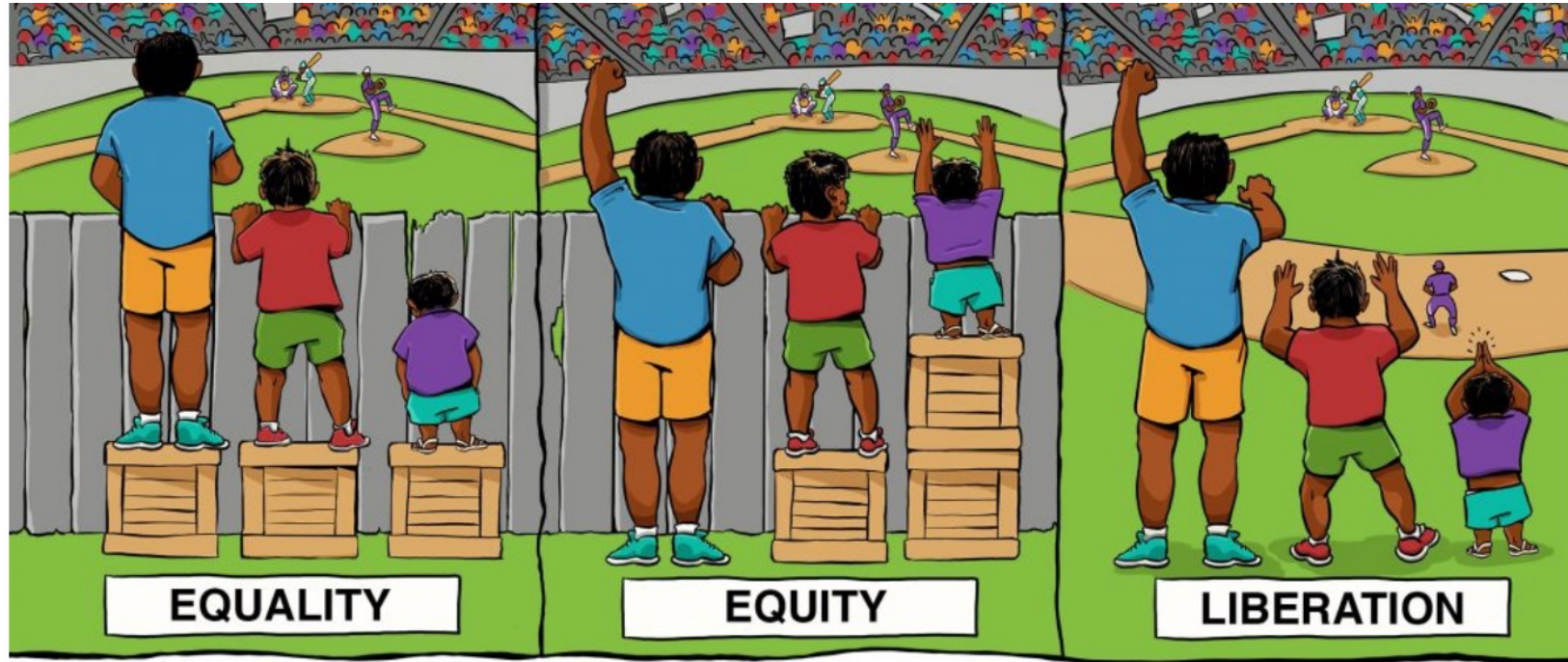


Who Am I?

- Pronouns: She/Her/Hers
- Independent Practice as a Licensed Psychologist (2019) & Licensed Marriage and Family Therapist (2006)
- Sacramento Valley Psychological Association Board of Directors,
 - Immediate Past President (2022-2023)
- California Psychological Association, Local Advocacy Network
 - (LAN) Committee Member
- Sacramento County Mental Health Advisory Board Chair - 2nd term
 - Appointed by Sacramento County Board Supervisor - District 2
- Social Justice PolitiCorps & Decarcerate Sacramento
 - Consulting & Collaborating Psychologist



Liberation



the4thbox.com



II Interaction Institute
SC for Social Change

A Original illustration
by Angus Maguire

Figure 1 | Equality, Equity, and Liberation

Source: Image by Angus Maguire, Interaction Institute for Social Change, adapted from Craig Froehle.



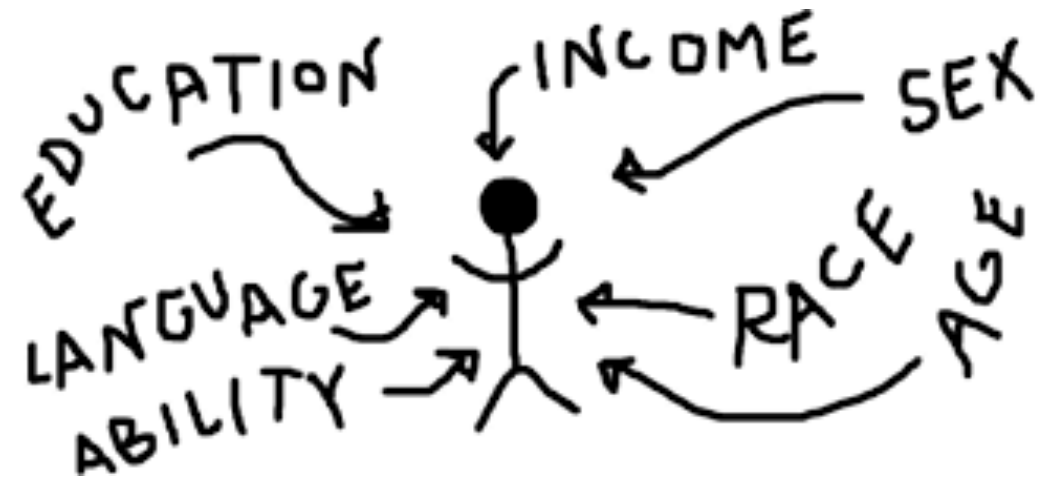
Disclosures

- No Commercial Support for This Presentation
- No Conflicts of Interest



Privileges

- Cis-Gender
- Heterosexual
- Non-Disabled
- white-Skin



White-Skin Privilege

“White privilege doesn’t mean your life hasn’t been hard. It means the color of your skin isn’t one of the things making it harder.”

— Unknown



White-Skin Privilege

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— Unknown



Understanding White Supremacy Culture



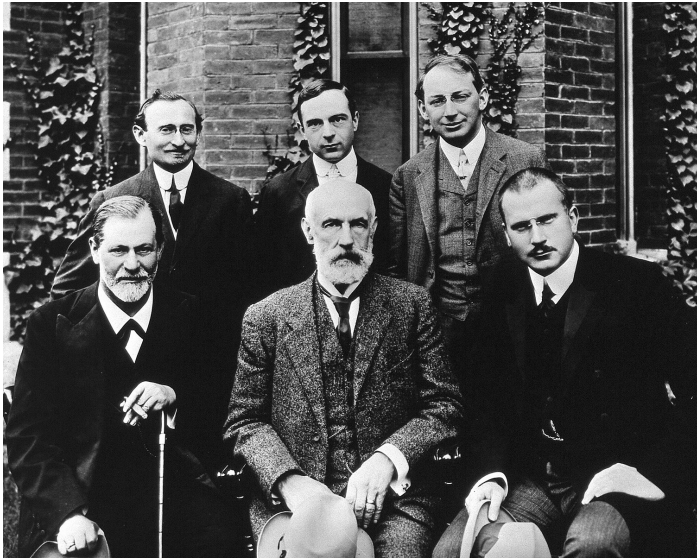
Oppression works at three interacting levels within our society – structural, cultural and personal (Scammell, 2016).



Type of Oppression	What it Includes	Examples
Structural	The entities and organizations that are responsible for distributing resources and delegating power in society	Legislative bodies, government policy, cultural institutions (education systems, health care systems, justice systems, houses of worship, libraries)
Cultural	How language and categorization can contribute to oppression by influencing cultural values and creating structures that label groups of people as either dominant or other	White vs. Racial minority Heteronormative vs. Non-heteronormative Neurotypical vs. Neurodivergent
Personal	Individual interactions, everyday work practices and the values we hold and may share with others	Discrimination against a person based on prejudicial thoughts A microaggression enacted against a Black person

Sources: Baines, 2017; Scammell, 2016.



Psychology's Past




THE CHICAGO GAY

CRUSADER 25c

JANUARY, 1974 THE TOTAL COMMUNITY NEWSPAPER NUMBER NINE

20,000,000 GAY PEOPLE CURED!

Ann slanders less?

Advice columnist Ann Landers may be slowly changing her opinion that gay is sick, though she has not explicitly said so.
On Jan. 8 she devoted an entire column to a letter asking her whether she is "big enough to reverse yourself and give the gay population a clean bill of health" in light of the American Psychiatric Association's vote on homosexuality.

PSYCHIATRISTS DROP 'SICK' LABEL

In what may be the biggest gay news event of 1973, the American Psychiatric Association's Board of Trustees voted Dec. 15 without dissent to remove homosexuality from its list of mental disorders.
The trustees also voted to urge the repeal of laws against homosexual behavior and the passage of new laws to ban discrimination against gay people.

Opponents Ask Referendum
But a group of psychiatrists long known for their view that gays are sick has launched a campaign to conduct a poll of the APA's entire membership on reversal of the trustees' stand.
The group includes Drs. Irving Bieber and Charles Socarides, who made a special trip to Washington to plead with the trustees not to adopt the resolutions.



Psychology's Present

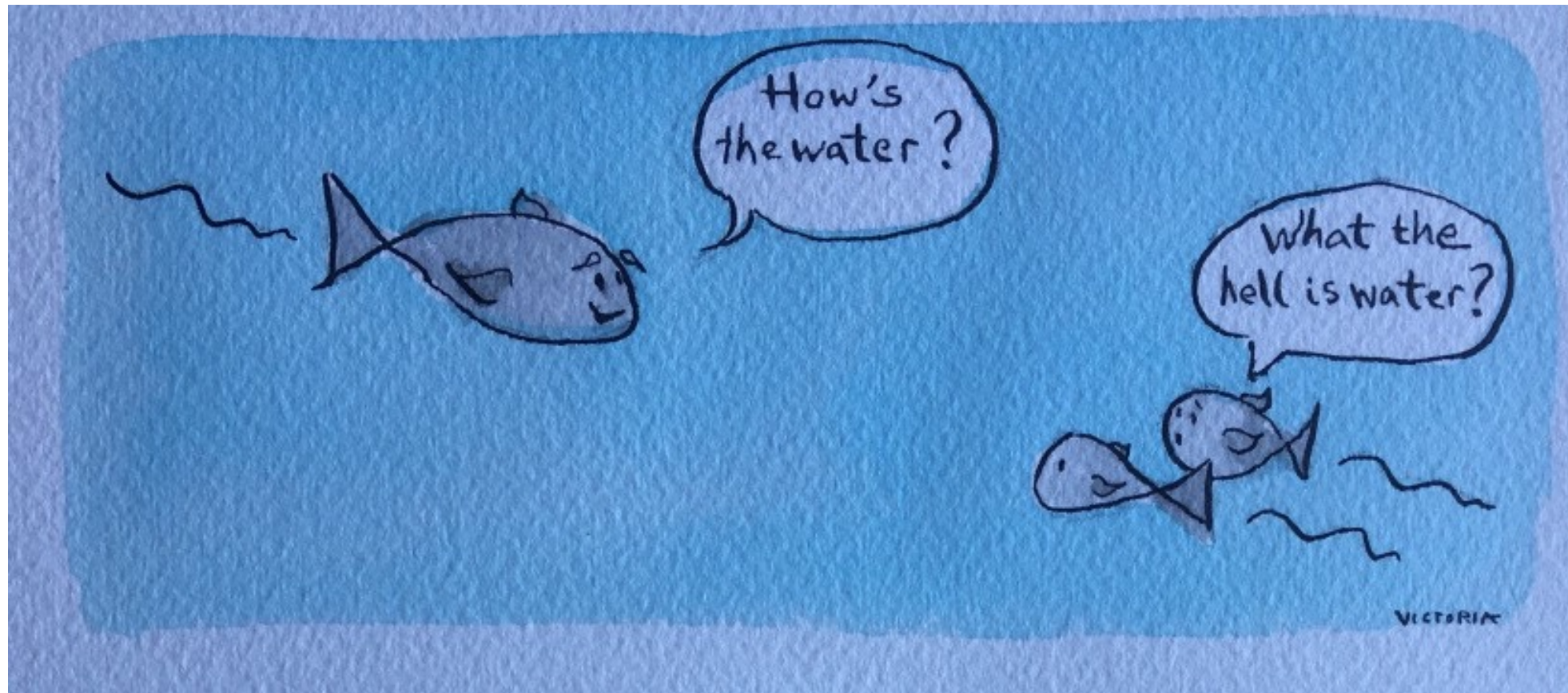
- Frames systemic oppressions and experiences of oppression as politics, belief systems, perceptions, unique reality.
- Overemphasizes individual choice and self-responsibility.
- Maintains neutrality in discussions of oppression and avoiding making a stance.



White Nationalism



Understanding White Supremacy Culture



White Supremacy Culture

“To dismantle a system that has evolved over centuries, we must first acknowledge that racial inequality is neither the outcome of inherent flaws or inferiority within certain groups, nor solely the product of individual racist biases from a few ‘bad apples.’

Instead, I argue that it is the unavoidable consequence of supremacy ingrained within the very foundation of society itself.”

(Bettache, 2020)





<https://www.whitesupremacyculture.info>



White Supremacy Culture Characteristics

- Perfectionism

MISS PERFECT

By Roger Hargreaves



White Supremacy Culture Characteristics

- Perfectionism
- Defensiveness



White Supremacy Culture Characteristics

- Perfectionism
- Defensiveness
- Cognitive Rigidity



White Supremacy Culture Characteristics

- Perfectionism
- Defensiveness
- Cognitive Rigidity
- **Fear of Conflict**



White Supremacy Culture Characteristics

- Perfectionism
- Defensiveness
- Cognitive Rigidity
- Fear of Conflict
- **Isolation**



White Supremacy Culture Characteristics

- Perfectionism
- Defensiveness
- Cognitive Rigidity
- Fear of Conflict
- Isolation
- **Entitlement**

en·ti·tled

/in 'tīdld, en 'tīdld/

adjective

believing oneself to be inherently deserving of privileges or special treatment.

"his pompous, entitled attitude"



White Supremacy Culture Characteristics & Cognitive Distortions

1. Polarized Thinking



White Supremacy Culture Characteristics & Cognitive Distortions

1. Polarized Thinking
2. “Should” Statements



White Supremacy Culture Characteristics & Cognitive Distortions

1. Polarized Thinking
2. “Should” Statements
3. Emotional Reasoning



White Supremacy Culture Characteristics & Cognitive Distortions

1. Polarized Thinking
2. “Should” Statements
3. Emotional Reasoning
4. Labeling



The Need for Allyship & Accompliceship by Mental Health Professionals

 AMERICAN PSYCHOLOGICAL ASSOCIATION

ETHICAL PRINCIPLES OF PSYCHOLOGISTS AND CODE OF CONDUCT

Adopted August 21, 2002
Effective June 1, 2003
(With the 2010 Amendments
to Introduction and Applicability
and Standards 1.02 and 1.03,
Effective June 1, 2010)

With the 2016 Amendment
to Standard 3.04
Adopted August 3, 2016
Effective January 1, 2017

Beneficence and
Nonmaleficence

Fidelity and
Responsibility

Integrity

Justice

Respect for
People's Rights
and Dignity



What is an Ally?



**ALLY IS NOT A NOUN.
IT'S A VERB.**



4 Pillars of Allyship

- 1. Education and Awareness



4 Pillars of Allyship

- 1. Education and Awareness
- **2. Listening and Empathy**



4 Pillars of Allyship

- 1. Education and Awareness
- 2. Listening and Empathy
- **3. Amplification and Advocacy**



4 Pillars of Allyship

- 1. Education and Awareness
- 2. Listening and Empathy
- 3. Amplification and Advocacy
- **4. Action and Accountability**



Liberation Psychology



The Liberated Self

@bk_afroboricua

It seems incongruent to have a Mental Health Awareness Month in a society made up of systems, rooted in white supremacy—designed to keep us psychologically unwell, convincing us we're suffering from mental illness—when we're actually reacting to the dysfunctions of said society.

8:18 PM · 5/1/24 From Earth



Liberation Psychology



- Grounded in an anti-oppression, holistic, empowering, and decolonizing approach to psychology
- Centers the knowledge, wisdom, and healing approaches developed by BIPOC and shifts from false notions of clinical neutrality to active opposition to oppression
- Overlaps with Black Psychology and Social Justice Oriented Psychotherapy
- Key elements include: Collaboration, Participation, Diversity of methods, and a Focus on Change



Liberation Psychology

← Post



Dr. Thema
@drthema



A note from a liberation psychologist:

Self soothing strategies are helpful but not sufficient.

Coping skills are helpful but not sufficient.

Be an agent of change - some things within you and around you have to shift.

6:56 PM · Nov 23, 2023 · **38.7K** Views

270 Reposts **11** Quotes **929** Likes **119** Bookmarks



ANY
QUESTIONS?



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