

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

Friday, September 10, 2021\*

*\*Note: This is the second Friday of the month*

### Talking with Children about Race and Other Social Identities

*Katherine (Katie) Lingras, Ph.D., LP*

**Program:**

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level and designed for psychologists and other mental health professions.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

**Attendees are encouraged to join the webinar five to ten minutes prior to the start.**

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

Children see race and they recognize phenotypical differences among people. However, research shows that not all parents, caregivers, and adults provide guidance (or even space) around how to navigate conversations about race, identity, and racism. Some parents and providers even avoid or silence the topic altogether. There are significant repercussions when we do not provide space for these formative conversations, as silence is where stereotypes, biases, and racism are reinforced. This forum will focus on navigating discussions around race and racism with children at various developmental levels; and why we don't, why we should, and how to start (or continue) these discussions. Participants will learn the rationale behind the importance of having these conversations and concrete skills for initiating and facilitating these conversations about race. They will also be encouraged to reflect on their own case examples to identify ways in which race and identity may be at play for clients and students as well as to consider how to address these issues in a therapeutic or supervisory context.

**Participants will be able to:**

1. Identify preliminary research findings about children's understanding of race/identity.
2. Describe the importance of and guidelines for talking to children about race/identity and racism/discrimination.
3. Apply provided tools for facilitating conversations about race and identity and/or racism/discrimination with children.

### About the Presenters:

**Katherine (Katie) Lingras, Ph.D., LP**, is an Assistant Professor and Licensed Psychologist in the Psychiatry and Behavioral Sciences Department of the University of Minnesota where she specializes in early childhood mental health, emotional/behavioral regulation concerns, and dyadic (parent-child) treatment for children who have experienced trauma. Her clinical work and research focuses on social-emotional development and building the capacities of the adults who care for them. Dr. Lingras co-directs the Psychiatry Department's Early Childhood Mental Health Program, which provides assessment and outpatient parent-child treatment. She also works within the community providing mental health consultation and professional development training in early care and education settings as well as primary care clinics. Dr. Lingras is also passionate about work related to equity, diversity and inclusion: she is the founder and co-chair of her department's Diversity and Inclusion Committee, a member of the Medical School's parallel committee, and serves as the department's Deputy Vice Chair of the Impact and Well-Being Division which focuses on these cross-cutting issues in research, clinical, and education sectors. In her clinical work, supervision, and teaching, Dr. Lingras makes it a priority to center and explore identity and culture as important aspects of the therapeutic relationship both for the patient and the provider.

The speaker has indicated no conflicts of interest.

**PLEASE NOTE:** *You must attend the full 3-hour program to get continuing education credit for the event.*

### About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.

# MPA First Friday Forum • September 10, 2021

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Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

**Registration is available until the event begins.** Fee:  MPA member: **\$60**  Non-member: **\$95**  Student: **\$15**

Total Amount Enclosed: \$ \_\_\_\_\_

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