

LA PoMo Gathering - 2020

LA PoMo & Educational Narratives Workshop 6 CEUs

Part I: (3 CEUs) Radicalizing Narrative Therapy: A Spirit of Abolition

Sunday 8/30/2020

8:45am-noon

Travis Heath

“Let this radicalize you rather than lead you to despair.” ~ Mariame Kaba

What could narrative therapy stand to learn from abolitionist movements? How might abolitionist ideas radicalize narrative practices in ways that seek to dismantle white supremacy and colonialism, which have been present in almost all psychotherapy training even if rarely named as such, since the inception of the field? For the last few years I (Travis) have tried to push my practice past the idea of ‘multicultural counseling’ into the space of cultural democracy. Now I’m trying to push it further. Taking a cue from legal scholar and prison industrial complex abolitionist, Tracey Meares, does multicultural counseling have to “be abolished before it can be transformed”? And if we do this work, what are the possibilities for transformation? This workshop will draw on the ideas of Angela David, Mariame Kaba, Tracey Meares, Angela Davis, Saidiya Hartman, Robin D.G. Kelley, Fred Moten, Cedric Robinson, Frank B. Wilderson III, among others, and will make an initial attempt to inject their ideas into narrative practices thereby centering Black ideas and experiences.

Learning Objectives

1. Articulate the difference between solidarity and empathy and construct ways solidarity might be used in therapy practice.
2. Identify at least 2 ways in which teaching, supervision, and psychotherapy can promote surveillance and extension of the white gaze.
3. Describe at least 3 ways in which narrative/postmodern therapy practices can begin to work towards not only recognizing oppression but dismantling it.

**Part II: (3 CEUs) The Spoken Word as a Preferred Medium of Healing for Uprising
and Revolution**

Sunday 8/30/2020

1:15pm-4:30pm

The Street Poets

“There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.” ~ M. Scott Peck

This workshop will focus on the spoken word as a means towards community revolution and healing. The Street Poets will demonstrate one of the community’s Seeking Peace session. This will include a poetic invocation, a brief guided meditation, a free-writing exercise and share-back, as well as a ritual of personal “check-ins” in support of individual and community healing and wellness. After bearing witness to the session, participants will have a chance to ask questions and be in conversation about how these ideas might make their way into our narrative/postmodern therapeutic spaces to help meet this particular moment in history.

Learning Objectives

1. Identify 2 ways poetry writing can be a practice for individual/collective healing and creative community-building.
2. Am able to create, nurture and hold brave space for healing, self-reflection, self-expression and self-discovery within a diverse trauma-impacted community of youth and adults.
3. Identify at least 2 uses of the power of metaphor and ritual to open, deepen and support community healing spaces.
4. Recognize and articulate the power of affirmation and blessing and demonstrate how to nurture and inspire the awakening of visionaries and dreamers from within trauma-impacted individuals and communities.
(In Street Poet’s experience, healthy community is the fruit born through shared brokenness *and* shared dreams.)

Bio: Travis Heath is a licensed psychologist and Associate Professor of Psychology at Metropolitan State University of Denver. Past work he’s been involved with looked at shifting from a multicultural approach to counseling to one of cultural democracy that invited people to heal in mediums that are culturally near. His most recent work involves incorporating the work of Black abolitionist scholars into psychotherapy, community healing, and uprising. His writing has focused on the use of rap music in narrative therapy, working with persons entangled in the criminal injustice system in ways that maintain their dignity, narrative practice stories as

pedagogy, a co-created questioning practice called reunion questions, and community healing strategies. He is currently co-authoring the first book on Contemporary Narrative Therapy with David Epston and Tom Carlson and has taught in 10 countries to date.

Bio: The Street Poets

In 1995, Street Poets founder Chris Henrikson began teaching a poetry workshop in an L.A. County Juvenile Probation Camp as a volunteer through the Writers Guild of America. In 1997, he and the alumni of that workshop, known collectively as Street Poets, joined forces with the NYC-based DreamYard Project to form DreamYard/LA. Street Poets worked under that fiscal umbrella from 1997 to 2005 when they made the decision to reclaim their original name and become Street Poets Inc., an independent CA non-profit corporation 501(c)3.

Target Audience: LMFTs, LCSWs and LPCCs. This workshop is limited to 300 participants and will be held online via Zoom.

Cancellation & grievance policies: For information on Educational Narratives' Cancellation Policy, Grievance Policy, and ADA Compliance, visit www.EducationalNarratives.com

Continuing Education Credit: The workshop meets the requirements for 6 hours of continuing education credit. CEs will be provided by Educational Narratives, a CAMFT APPROVED CONTINUING EDUCATION PROVIDER (# 139251).

Educational Narratives is approved by CAMFT to provide continuing education for LMFTs, LPCCs and LCSWs

Cost: for not yet licensed folxs the fee is \$30 and for licensed folxs the fee is \$60 to attend. There is a 50% discount for individuals who identify as BIPOC. There is an additional \$60 fee for the 6 hour continuing education certificate.