

Marginalized Communities: Serving the Culturally Diverse

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Abstract

Using a lecture and experiential approach, the presentation will focus on the importance of cultural competency from a Brainspotting perspective when working with marginalized communities, illuminating the clinician's role in the dual attunement process. Cultural competency will be defined in the framework from individualism to institutionalism, recognizing our privilege and implicit biases as brainspotting practitioners as we hold space with diverse groups with a goal of inclusionary practices. To include but not limited to the attitudes, beliefs, and feelings as it pertains to racism, sexism, heterosexism, age-ism, able-body-ism, and the intersectionality of multiple identities. With a goal of encouraging practitioners to do their work to disallow implicit bias, microaggressions, and pathologizing culturally diverse nuances. The presentation will enlighten brainspotting practitioners on the potential of using brainspotting as an integral tool in healing trauma while removing unconscious barriers that contribute to further marginalizing populations on the periphery. In tandem with necessary characteristics of brainspotting practitioners of maintaining presence, dual attunement, empathy, operating in uncertainty, and counter vs limbic countertransference while honoring our ultimate goal of staying in the tail of the comet.