



## Trauma in the Immigrant Context: A Psychoanalytic Perspective

USHA TUMMALA-  
NARRA, PH.D.

**Saturday, November 13, 2021**

**10:00 a.m. – 3:00 p.m. EST**

**A Virtual Zoom Conference Event**

### About The Day

#### **Morning Session:**

#### **Racial Trauma Amidst the Pandemic**

Psychoanalysis engages with introspective inquiry into those parts of human experience that contain the deepest forms of intrapsychic pain, loss, and grief. Attention to these aspects of experience cannot be overstated when considering the experience of racial minorities and immigrants who continue to live and even sometimes thrive within a traumatic social framework. The COVID-19 pandemic is only the most recent reminder of social, economic, and health disparities, based on race, ethnicity, immigration status, income, and employment. This paper explores the dynamics of race and racism within the context of the pandemic and what the pandemic reveals about race and racial trauma amidst this ongoing global crisis.

#### **Afternoon Session:**

#### **Intersecting Interpersonal and Sociocultural Trauma**

The experience of trauma, both collective and interpersonal, among racial minority immigrants is multilayered and complex. This presentation will explore the experience of intersecting racial trauma and interpersonal violence among first generation immigrants and their children. I will emphasize the importance of decolonizing existing theories in order to understand and approach the experiences of these survivors in contemporary, culturally informed psychoanalytic practice. Clinical illustrations will guide the translation of theoretical points to practice.



### **Learning Objectives**

- The audience will be able to explain the impact of collective and interpersonal trauma on complex traumatic stress;
- The audience will identify ways to address multiple layers of racial minority survivors' traumatic stress, that rooted in racial trauma and within group marginalization;
- The audience will identify how the therapeutic process is influenced by the therapists' and clients' histories of trauma and ongoing experiences of racial injustice in the current sociopolitical climate.

### **Schedule of the Day**

10:00 a.m. Introduction  
10:05 a.m. **Morning Session**  
**Dr. Tummala-Narra**  
11:00 a.m. Audience Discussion  
12:00 – 1:00 p.m.: Lunch  
1:00 p.m. **Afternoon Session**  
**Dr. Tummala-Narra**  
2:00 p.m. Audience Discussion  
3:00 p.m. Closing remarks

## ABOUT THE SPEAKER

**Usha Tummala-Narra, Ph.D.** is a Professor of Counseling, Developmental and Educational Psychology and Director of Doctoral Training in Counseling Psychology at Boston College. She is also in Independent Practice. Her research and scholarship focus on immigration, trauma, race, and cultural competence and psychoanalytic psychotherapy. She has served as the chair of the Multicultural Concerns Committee and Member-at-Large on the Board of Directors in American Psychological Association Division 39 (Psychoanalysis), and as a member of the APA Committee on Ethnic Minority Affairs, the APA Presidential Task Force on Immigration, and the APA Task Force on Revising the Multicultural Guidelines. Dr. Tummala-Narra is an Associate Editor of the *Asian American Journal of Psychology*, Associate Editor of *Psychoanalytic Dialogues*, and Senior Psychotherapy Editor of the *Journal of Humanistic Psychology*. She is a Fellow of the American Psychological Association, and with APA Division 39 and Division 45. She is the author of *Psychoanalytic Theory and Cultural Competence in Psychotherapy*, published by APA (American Psychological Association) Books in 2016. Her edited book, *Trauma and Racial Minority Immigrants: Turmoil, Uncertainty, and Resistance*, was published by APA Books in January 2021.

**Judi B. Kobrick, Ph.D.** is President, supervising analyst, faculty and founding member of the Toronto Institute for Contemporary Psychoanalysis (TICP), faculty at Toronto Psychoanalytic Institute & Society (TPS&I) and is in private practice.

## ACCREDITATION

This program has been approved by the **Ontario Psychological Association** to offer continuing education for psychologists and psychological associates. This program meets the criteria for 4 continuing education credits.

## Planning Committee

Dr. Judi B. Kobrick  
Dr. Hilary Offman  
Dr. Gary Rodin  
Dr. Gordon Yanchyshyn

Dr. Hazel Ipp  
Dr. Sarah Turnbull  
Dr. Brent Willock

## ABOUT THE TICP

The Toronto Institute for Contemporary Psychoanalysis offers a four-year program of professional and scholarly education that examines, contrasts and where possible, integrates the thoughts and methods of major perspectives in contemporary psychoanalysis. The TICP brings outstanding investigators from around the world to present their work to professionals and scholars interested in expanding their knowledge of psychoanalysis.

## SAVE THE DATE: FUTURE TICP EVENTS

**Dr. Malcolm Slavin**  
**May 14, 2022**

## REGISTRATION

Registration is limited. All cheques must be made payable to TICP. Cancellation must be made in writing; if received prior to **October 29, 2021** a full refund less \$25 will be given. There are no refunds after that date.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Professional Affiliation \_\_\_\_\_

## FEES

Earlybird Registration Deadline is **October 29, 2021**

**TSCP Member:** \$100 / \$115

**Regular:** \$125 / \$140

**Student:** \$75/ \$90

**ONLINE REGISTRATION AT:**

[www.ticp.on.ca](http://www.ticp.on.ca)

## QUESTIONS?

[info@ticp.on.ca](mailto:info@ticp.on.ca)

**416.288.8060**

To register by mail please send this form to:

TICP Business Office  
c/o Suzanne Pearen,  
Administration Manager TICP  
17 Saddletree Trail  
Brampton, ON L6X 4M5