## **Unlearning is the New Learning:**

An Ethical Guide to Integrating and Normalizing Trauma-Informed Cultural Competence into Your Therapy Practice

# Welcome!

# For questions and assistance, email **empoweridaho@jannus.org**



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# Unlearning is the New Learning

Integrating and Normalizing Trauma-Informed Cultural Competence Into Your Therapy Practice

- Vikash Ravi, LCSW

# Who Am I?

Acknowledgment – Nuance and Context

Part 1 – Distinguishing Between "Cultural Competence" and "Trauma-Informed Cultural Competence"

# Cultural Competence

- AAHE ability of a clinician or clinical space to understand and respect values, attitudes, beliefs, and morals that differ across cultures and to consider and respond appropriately to these differences in planning, implementing, and evaluating treatment plans
- National Medical Association application of cultural knowledge, behaviors, and interpersonal clinical skills that enhances a provider's effectiveness managing patient care
- Regardless Same Ideas!

### Trauma

- Trauma phenomena of inability to process an experience
- Trauma-informed understanding the effect of trauma on our body

#### So.... Trauma-Informed Cultural Competence

- Understanding how cultural practice directly influences susceptibility to trauma
- Cultural Competence vs. Trauma-Informed Cultural Competence
  - Understanding VS. Immersing with a focus on practice deviation
- Distinction comes down to framing competence on a spectrum

## Example – Ramadan

#### Cultural Competence

• Commemoration of when the prophet Muhammad was given the first revelations of Quran. Includes fasting during daylight hours and avoidance of impure thoughts or immoral behavior

#### • Understanding

#### TI Cultural Competence

- Interaction with Muslim clients immersion of their experience with fasting, their experience with avoidance of thoughts/behaviors.
- Immersion

# Example Application – Ramadan

COSG Case Study

# Now You Try!

Cultural Competence vs. TI-Cultural Competence

### Christmas

- Cultural Competence?
  - Understanding the knowledge of

- TI-Cultural Competence?
  - Immersion of the detail into
  - F/U Question how does this immersion contribute to being trauma-informed?
    - Effect on a human body

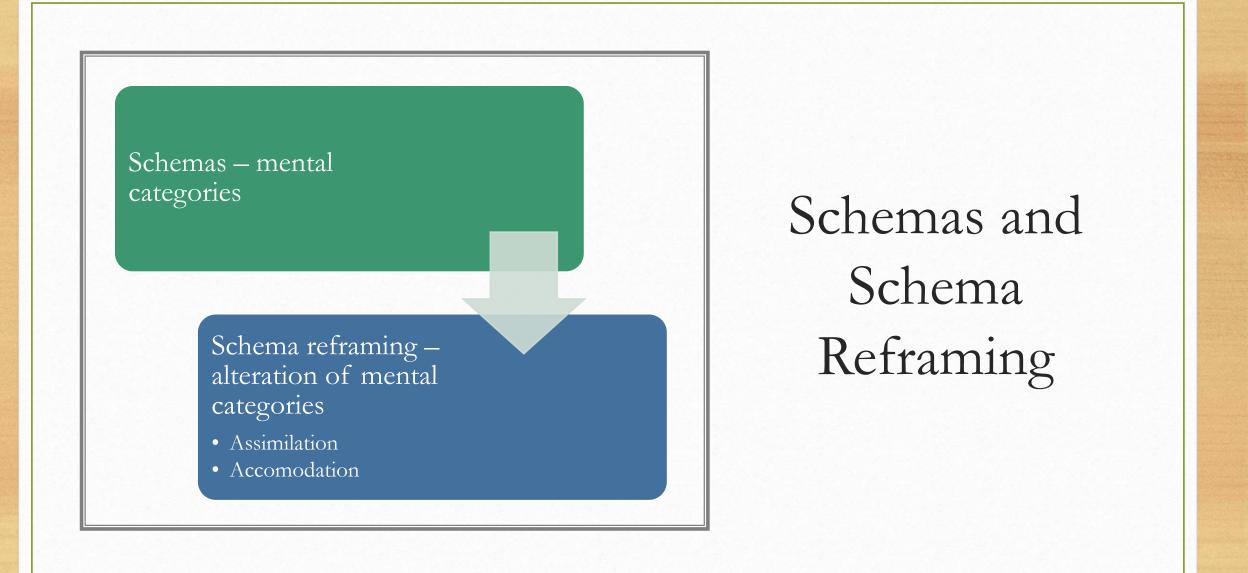


# Break Time!

We'll be back in 15 minutes

### Part 2 – Unlearning through Intentional Schema Reframing

Disclaimer – this next part might be the most challenging and uncomfortable. Care behavior and patience with self are encouraged here



Reframing Practice: Taboo and Morality

#### Anecdote 1 – A Dog on the Road

• Reactions – what are you feeling right now? What are your thoughts on this?

Anecdote 2 – Siblings

• Reactions – what are you feeling right now? What are your thoughts on this?

# Harmless-Taboo Study

- Intention is to evoke disgust
- Transcript to moral judgement
- Relevance to clinical work it is impossible to separate ourselves from the hats that we wear

# Application to TI-Cultural Competence

- Both are Wrong
- Wrong for Americans, Acceptable for Indians
- Wrong for Indians, Acceptable for Americans
- Competence vs. Harm

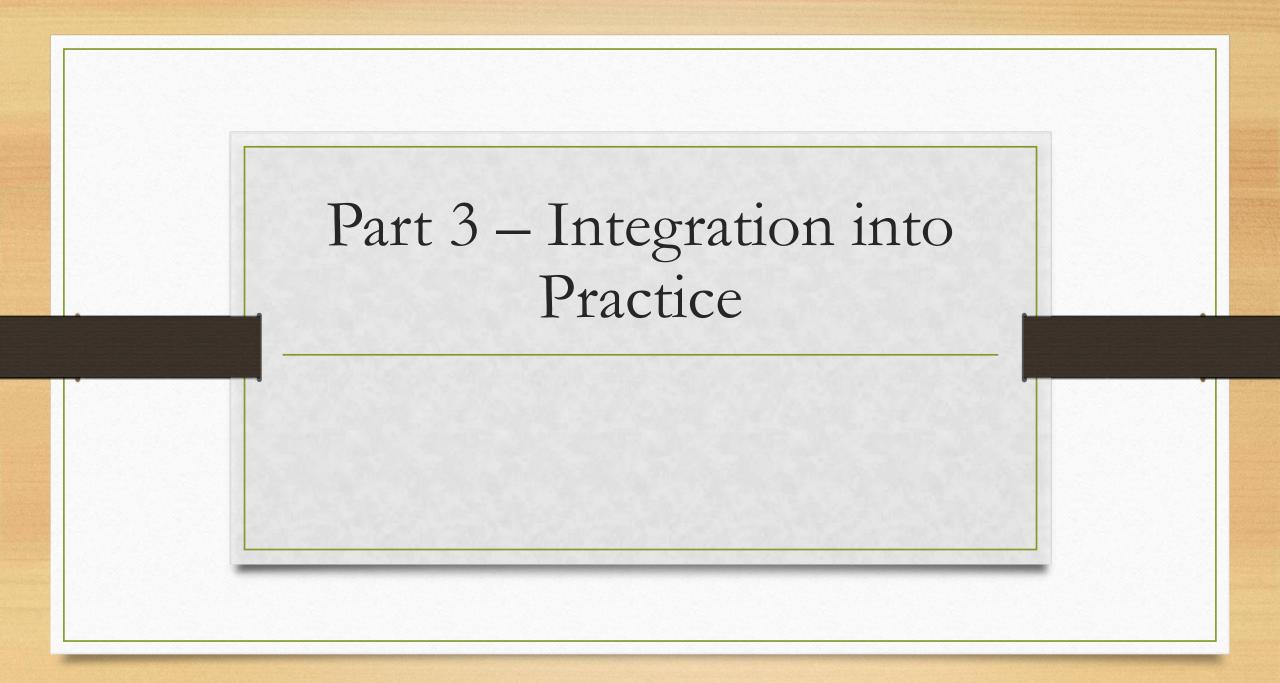
## Contending with Your Moral System

- We don't have to agree to understand but you must understand to be considered TI-Culturally Competent
- Meeting a client where they're at
- Client story 1 A man wants to get married
- Client story 2 A person makes a choice (COSG anecdote)
- Client story 3 A person describes their Orthopedic encounter

### This Work is Difficult – Make Space for Self and Care

- We are not designed to have our systems so challenged so consistently; it's important that we take time to care for our bodies and our minds outside of sessions
- Cultural competence is genuinely difficult; we are not designed to intentionally hold space for dissonance, but this is required for competent work





# Integration

#### Before Meeting the Client

- Basics
  - Pronouns, Cultural Knowledge/Identifiers
- Inclusive Therapists Template

#### When Meeting the Client

- Intake language
  - "Religious" to "Spiritual"
  - "husband/wife" to "partner"
  - Acknowledgment of Nuance

### Feedback

- Normalizing practice of feedback moments
- Example of implementing
  - Space disclaimer
  - Vulnerability question
  - Competence question

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# That's all folks!

Thoughts/Feedback/Reflections?



- "How Minds Change" David McRaney
- 'The Righteous Mind: Why Good People Are Divided by Politics and Religion'' – Jonathan Haidt