The School of Education Presents a Research Colloquium:
WORKING WITH MICROAGGRESSIONS IN COUNSELING
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Author: Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice

Date: Wednesday, December 2, 2009, Noon – 2:00 PM
Location: Beane Hall, Lewis Towers 13th Floor

****Refreshments have been generously provided by the Graduate School Activities Committee***

Microaggressions are defined as brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative slights and insults toward individuals of oppressed groups. Microaggressions are often unconscious by the perpetrators and have been found to have a detrimental impact on mental health of their recipients. The purpose of the workshop is to discuss the ways that microaggressions may manifest in various settings, including workplaces, classrooms, and psychotherapy. The workshop also aims to promote multicultural competence in working with individuals of various oppressed groups, in order to prevent microaggressions in the future. Participants will learn about different types of microaggressions and attain skills to deal with microaggressions effectively. The workshop will also discuss research on "difficult dialogues" and various ways to communicate about multicultural issues in respectful and efficient ways.