

## ***Applied Liberation Psychology and Cultural Competence for Clinical and Counseling Trainees and Professionals***

Applied Liberation Psychology with Dr. Broderick Sawyer, clinical psychologist, approaches cultural competence from a natural perspective, helping mental health professionals cultivate intersectional compassionate attunement with a combination of techniques centered in self-compassion, self-awareness, and psychological transformation. Unlike traditional training for cultural competency, Dr. Sawyer focuses on the emotional integration of the clinician, by systematically targeting socially-conditioned dissociation.

Essentially, oppressive attitudes and behaviors towards ourselves and others (e.g., racism, sexism, ableism, classism, etc.) all happen because of socially conditioned dissociation which pulls us out of our bodies. As a byproduct of disembodiment, we are pulled out of our felt sense of compassion for all beings from moment-to-moment, especially those we are taught to oppress, such as our traditionally marginalized patients, and even ourselves.

Dr. Sawyer trains mental health professionals to achieve cultural competence by first comprehending socially-driven dissociation through the lens of Liberation Psychology, then seeking self-embrace via self-compassionate attunement, and last, fortifying mindfulness-based skills to maintain moment-to-moment sensitivity. Read below for more specifics on his training program, content, and structure.

### **Contents:**

- 1. Recommended Structure and Scheduling (Page 1)**
- 2. Applied Liberation Psychology Abbreviated Training Description (Page 2)**
- 3. Booking (Page 5)**

--

### ***Recommended Structure and Scheduling for this Program***

**8 Hours Total:** *4 session, 2 session, or 1 ‘all-day’ session options.*

### **Full Training Includes:**

Liberation Psychology Psychoeducation: Individualism and Mental Health  
 Applied Liberation Psychology Psychoeducation: Embodied Practice  
 Self-Compassion: Psychoeducation and Application  
 Attention and Mindfulness: Psychoeducation and Application  
 Clinical and Counseling Applications: Interwoven Throughout  
 Q&A, Case Review, Role Playing, and Feedback

Homework and resources on shared Google drive (ongoing access after training)  
 Online and in-person hybrid options  
 Scheduling Flexibility

## *Description*

### **Applied Liberation Psychology and Cultural Competence Overview**

*(Organized by 2-hour topic modules)*

#### **1. Liberation Psychology Overview: Philosophy**

- a. Western Lifestyle is Cultural, not “Normal”: First, we acknowledge that Western structures cultivate lifestyles that reward and punish *individuals* for the ideologies, feelings, and behaviors they perform- rather than identifying the systemic structures that create ideological and behavioral expectations. Through behavioral reinforcement, this operant conditioning leads to citizens unconsciously acting out cultural norms and oppressive behavior.
- b. Liberation Psychology’s View of Health: By framing Western lifestyles and behaviors as ‘normal’ *and* propping up individualism, oppressive attitudes (e.g., racism, sexism, ableism, classism, etc.) are also framed as ‘normal’. Individuals who experience marginalization or stress due to the Western lifestyle and beliefs are then blamed, or labeled ‘mentally ill’- *instead of labeling the system as cultivating illness and oppression*. From this frame, the role of mental health professionals is to assist people in removing socially conditioned reference points for their self-image, and then create personal reference points from a place of emotional integration.
- c. Differentiating Liberation Psychology Theory and Application: Mental health professionals must assist people in the reclamation of personal reference points for self-image, rather than socially conditioned ones (e.g., internalized oppressive attitudes toward self/others, such as racism, sexism, etc.). *To achieve this, mental health professionals must first cultivate and maintain a state of emotional integration so that they themselves do not hold oppressive reference points*. Given that the Western lifestyle actively cultivates *conditioned dissociation* which actively works against emotional integration, Applied Liberation Psychology involves active attempts at resisting dissociation. This is accomplished via compassionate self-attunement, attention-based practices, and ongoing efforts to work against conditioned dissociation.

#### **2. Applied Liberation Psychology: Self-Compassion and Conditioned Dissociation**

- a. Thermodynamics and Conditioned Dissociation: Western lifestyles actively keep people dissociated by creating lifestyles that cause stress, and industrializing sedatives that reduce stress without cultivating emotional integration. By opening to one’s own energy, therapists learn to contact authentic emotions and sensations beyond oppressive reference points, and work towards personal emotional integration- giving therapists the ability to not harm patients with oppressive ideology. Not resisting inner experience leads to wellbeing due to thermodynamic laws, specifically the importance of allowing energy to flow- including the inner experiences of therapists. The primary tool for allowing energy to flow is self-compassionate attunement.
- b. Radical Blamelessness: Provided that Western lifestyles and structures cultivate and reward oppression, and blame individuals as if the system is not the cause of behavioral reinforcement, we must first comprehend and internalize the truth of radical blamelessness. Not blaming oneself sets the foundation for self-compassion, as we are now willing to forgive ourselves for feelings locked within a false, individualistic framing. Internalizing radical blamelessness and self-compassion provides people the

skills to allow inner experience to flow, self-soothe, and remain in the present moment with themselves and their patients- especially when making mistakes.

- c. Self-Compassion Practices: Embodied self-compassion and opening to one's own energy involves personal practice. Interwoven throughout this training module, several techniques are taught, worked with, and processed. Suggestions for ongoing practices are then available via Google drive. It is critical that therapists continue to practice these skills and techniques to remain in a state of self-compassionate-attunement, which, overrides oppressive conditioning and dissociation.

### 3. **Applied Liberation Psychology and Mindfulness: Maintaining and Sharpening Attention**

- a. Moment-to-Moment Competence is Cultural Competence: By maintaining full awareness moment-to-moment while in a state of self-compassionate attunement, therapists gain the ability to sense emotional shifts within themselves and others. Rather than rely on generalized intervention findings which stereotype the needs of specific oppressed groups, therapists learn to allow their inner sensitivity and attention to the moment gauge patient needs. Mirroring, a cornerstone interpersonal stance which energetically validates diverse patient experiences, becomes fully possible by attaching moment-to-moment attention to our self-compassion practice.
- b. Staying Connected to Compassionate Attunement: By continuing to work with self-compassion within ourselves, we no longer resist socially-conditioned dissociation or challenging emotions, especially when it comes to the discomfort of directly experiencing traditionally silenced oppression. Essentially, by staying compassionately attuned to ourselves, we are able to dissolve our socially-conditioned dissociation and are able to fully mirror oppressive stress. This inward, non-resistant, compassionate competency translates into *intersectional* compassionate attunement.
- c. Exercises to Maintain Moment-to-Moment Traction: Importantly, attention and moment-centered traction is a skill which *must* be practiced along with self-compassion. By practicing several techniques to sharpen and strengthen attention, therapists can maintain their state of compassionate attunement throughout sessions. The neurological benefits of attention-based practices will be outlined, and techniques will be introduced and practiced.

### 4. **Application: Solidifying Skills, Practice, and Therapy**

- a. Mirroring and Attunement as a By-Product of Therapist Health: Dr. Sawyer will begin to conclude the training by reviewing skills learned, and how these skills translate to therapists who are emotionally integrated, mindful, and able to mirror patients regardless of presentation or identity. By achieving emotional integration, therapists are no longer driven by socially conditioned dissociation, and therefore, do not embody oppressive behavioral reference points. Discussion, sharing, and processing are essential to solidifying skills learned throughout the training.
- b. Case Review, Process, and Role Playing: A case will be worked through to assist in the case conceptualization of Applied Liberation Psychology, including ways to integrate several theoretical approaches (e.g., psychodynamic, CBT, mindfulness, ACT, etc.) under the umbrella of Applied Liberation Psychology. Role playing will also take place to solidify and work through the embodiment of intersectional compassionate attunement related to oppressive stress.

- c. Application, Q&A, Troubleshooting, and Tips for Ongoing Practice: At the conclusion of the training, Dr. Sawyer will hold space for Q&A, processing, discussion, and plenty of tips for ongoing practice in Applied Liberation Psychology. Reading and practice resources will be provided for ongoing embodiment and learning.

## **Booking**

### **STEP 1: Free Booking Call**

Ask questions, request flexibility, discuss price points, and solidify training dates you would like to book with Dr. Sawyer by:

- A) Setting up a Zoom call by sending Dr. Sawyer an email at:  
[Broderick@brodericksawyer.com](mailto:Broderick@brodericksawyer.com) or
- B) Email him the dates you would like to schedule the 8-hour training *as-written*, and he will finalize the training agreement.

### **STEP 2: Finalizing your Agreement**

After your agreement with Dr. Sawyer, he will send you an invoice reflecting details, training dates, and price-points.