

Supervision in the Context of Migration and Racism

Current studies in racism research show that the experience of racial microaggressions by marginalized groups is an essential stressor in their daily experience, increasing the need for racism-critical supervision (Demir, 2024). At the same time, there is also an increase in racism and right-wing extremism at the level of society as a whole (Zick & Mokros, 2023). Point of interest is that the majority of those affected by anti-Muslim racism do not use the existing counseling services (CLAIM, 2024) because they see “no sense” in the existing supportive systems, i.e. supervision. The effects of racism and discrimination can be seen on many levels of life, from the psychological (e.g. social withdrawal) to the physiological (e.g. sleep disorders) level. The personal resources that would be necessary in other important areas of life flow into the incessant and everyday struggle against racism. Those affected are often alone with their racial battle fatigue. **In light of these social developments, there is a concrete need for supervision possibilities that are explicitly dealt with in the context of reflecting on experiences of racism.** In this talk, the needs and requirements of those affected by racism will be presented from a clinical psychological perspective. Where and how can supervision be provided in view of the increasing special needs of racialized clients? The structural gaps in supervision work and a lack of competence in recognizing and naming these racist and discriminatory conditions as well as in the professional debate (e.g. on consistently racism-critical counselling and supervision structures) will be critically discussed.

Zeynep Demir

Psychologist and Scientist

Zeynep Demir works in the Research Networking Office of the German Centre for Integration and Migration Research (DeZIM) Community, at the Institute for Interdisciplinary Research on Conflict and Violence (IKG at the Bielefeld University. She has extensive experience in the coordination and implementation of research projects, previously she worked on the projects “ZuGleich -Zugehörigkeit und Gleichwertigkeit” funded by Stiftung Mercator, and “Muslimische Perspektiven auf die Muslim- und Islamfeindlichkeit”, funded by Federal Ministry of the Interior and Community (BMI) at the Institute for Interdisciplinary Research on Conflict and Violence (IKG) at Bielefeld University (PI: Prof. Dr. Andreas Zick). Her research focuses on migration, acculturation, discrimination, racism, and diversity. In the area of science communication, she is active as co-host of the academic podcast ReSearching Diversity Podcast.

Contact:

zeynep.demir@uni-bielefeld.de

<https://www.linkedin.com/in/zeynep-demir-0831b827a/>