

DSW alum publishes on the impact of COVID-19 and racial unrest on Black mental health clinicians

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Tulane School of Social Work alumna and adjunct faculty member [Jamie Ingram, DSW, LCSW, LCAS](#), has published a narrative scholarly article exploring the effects of the COVID-19 pandemic and racial unrest in 2020 on Black mental health clinicians. The article, titled "Do You See Me? The Compounding Impact COVID-19, Racial Injustice, and White Clients Had on a Black Therapist," offers a deeply personal and academic analysis of the intersection of race, public health crises, and professional experiences in predominantly white mental health spaces.

Drawing from the lens of Critical Race Theory, the article reflects on the unique challenges faced by Black women in the mental health field, particularly during a time of heightened racial tension and global health uncertainty. In her essay, Dr. Ingram shares two powerful vignettes that illustrate how white privilege and systemic racial inequities are amplified in the workplace, exacerbated by the effects of COVID-19. Through these lived experiences, the article sheds light on the compounded emotional and psychological toll of racial injuries on Black clinicians, who often find themselves without adequate institutional support.

In addition to her personal reflections, the article offers insights into the importance of self-care practices for Black mental health professionals and calls for future research that can better address these systemic challenges. It highlights the urgent need for institutions to protect and support clinicians of color from the repetitive trauma caused by racial offenses, and to foster more inclusive and healing environments within the mental health field.

This scholarly contribution is a significant addition to the literature on race, mental health, and healthcare systems. We congratulate Dr. Ingram on this impactful work, which brings visibility to the often-overlooked struggles of Black clinicians and underscores the importance of addressing racial and systemic inequities in professional settings.

Dr. Ingram's article is now available to read from pages 27-42 in Vol. 30, No. 4, of [*Reflections: Narratives of Professional Helping*](#).