



**Presentation Title:** Prison as Cultural Oppression via Psychological Compression: Treatment Implications

**Presentation Time:** 4:30 PM - 8:00 PM US Eastern Time

**Content Level:** Beginning/Introductory

**Abstract:** Developmental trauma is ubiquitous within incarcerated populations which are also over-represented by people of color relative to white cultures. The inequality of incarcerating the former cultures enables prisons to therefore become an instrument of cultural oppression. As developmental trauma often becomes expressed as antisocial behaviors within oppressed populations, the effects of trauma can be overlooked. What is also missed are the traumatizing effects of that oppression which is then compounded by incarcerated environments which then compress those effects into more serious psychological sequelae.

This presentation will focus on the particular presentations of traumatized inmates with cPTSD and dissociative disorders as well as personality disorders, and the effects that the correctional system has on such people in compressing defenses and behavioral coping skills.

**Learning Objectives:**

At the conclusion of this presentation, participants will be able to:

- Identify at least two ways prison environments apply psychological compression.
- Describe how developmental trauma can lead to antisocial manifestations.
- Identify at least three different ways to address vulnerability within inmates when there is a real risk of peer-oriented predation.

**Presenter(s)**

**Rick Hohfeler, PsyD**

Dr. Rick Hohfeler is a clinical psychologist who has maintained a private practice in the Milwaukee, Wisconsin area for the past 30 years. He has specialized in psychological trauma since 1986 as co-manager of an inpatient program treating survivors of abuse at Rogers Memorial Hospital where he also co-managed an inpatient program treating children and adolescents until 1995. He continues to treat adults, children, and adolescents suffering from disorders associated with severe developmental trauma including a special emphasis on dissociative disorders in private practice, as well as with the Wisconsin Department of Corrections. He has provided supervision and consultation to therapists and case managers from a variety of agencies in the Milwaukee area for the past 20 years with consultation affiliations having expanded internationally.

Rick is a faculty member of the Wisconsin School of Professional Psychology in Milwaukee, Wisconsin where he teaches courses in trauma and dissociation. He is a member of ISSTD and was elected to their Board of

Directors in 2016. Since 2014 he has acted as moderator for the Virtual Book Club sponsored by ISSTD. He has presented professionally on topics related to trauma and dissociation locally, nationally, and internationally.

### **Timed Outline**

15 minutes - Prevalence of trauma in prison

45 minutes - Institutional psychological compression

30 minutes - The role of shame in incarceration

30 minutes - Break

45 minutes - Manifestations of complex trauma in offender populations

45 minutes - Treatment and case examples

### **Continuing Education**

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