

A One Day Seminar  
\*(8 Continuing Education Credits)

Saturday, April 7, 2007  
8:30am - 5:00pm  
(lunch provided during panel discussion)

at

**Alaska Pacific University**

Carr-Gottstein Building room 102

*Meeting the Needs of a Diverse Alaska:  
Culturally Responsive Practice*

Presented by

*Pamela A. Hays, Ph.D.*

*Karen Ferguson, Ph.D.*

*Denise Dillard, Ph.D.*

Co-Sponsored by:  
Alaska Psychological Association (AK-PA)  
& Alaska Pacific University

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

**\*Eight (8) continuing education credits will be available to participants who attend the entire workshop including the luncheon. This workshop is designed to meet the needs of Mental Health practitioners for training in Cultural Diversity.**

## **Workshop Summary**

This workshop will provide you with practical information and specific strategies for conducting culturally responsive, strengths-oriented assessments and therapy with people of diverse identities and contexts. The morning session will focus on the integration of cultural considerations into the most commonly practiced psychotherapy, cognitive-behavioral therapy. A panel discussion (with lunch provided!) will provide an opportunity to talk with representatives of ethnic minority communities in Alaska on how to make services more accessible and helpful. Afternoon sessions will focus on assessment and therapy with Alaska Native people, and on providing culturally responsive services to immigrants and their families.

## **Workshop Objectives**

- *Enrich your understanding of clients, students, and colleagues of diverse identities*
- *Learn specific strategies for improving your assessments and therapeutic practice*
- *Recognize personal biases that may limit your effectiveness across cultures*

## **Workshop Outline**

8:00 am	Registration and coffee
8:30 – 12:00	Culturally Responsive Cognitive-Behavioral Therapy - Pamela A. Hays, Ph.D.
12:00 – 1:30	Challenges in Serving an Ethnically Diverse Alaskan Community (Panel discussion with invited speakers from ethnic communities)
1:30 – 3:00	Assessment & Therapy with Alaska Native People - Denise Dillard, Ph.D.
3:15 – 4:45	Immigrant Social Services 101 for Counselors and Clinicians - Karen Ferguson, Ph.D.
4:45 – 5:30	Questions and AK-PA survey completion

## **About the Speakers**

### **Dr. Denise Dillard**

Denise A. Dillard, Ph.D., is an Inupiaq Eskimo born in Fairbanks and raised in Anchorage. She is a licensed psychologist who received her doctoral degree in psychology in 1997. She has worked for Southcentral Foundation since 2001, first in a clinical capacity, then in management, and now in research. She is currently studying depression in Alaska Native people in the primary care system and how Alaska Native people view research with biological specimens.

### **Dr. Karen Ferguson .**

Karen A. Ferguson, Ph.D. is an Alaska licensed clinical psychologist and Director of the Refugee Assistance & Immigration Services program of Catholic Social Services. Dr. Ferguson also serves as the State Refugee Coordinator for Alaska. For over 6 years, she served as the mental health consultant to the Catholic Social Services Immigration and Refugee Program providing psychological assessments and mental health services to immigrant clients and trafficking victims.

### **Dr. Pamela A. Hays**

Pamela A. Hays, Ph.D., author of *Addressing Cultural Complexities in Practice* and co-editor of *Culturally Responsive Cognitive-Behavioral Therapy*, works as a licensed psychologist at Central Peninsula Counseling Services and the Kenaitze Tribe's Nakenu Family Center in Kenai. She has been a member of the psychology faculty of Antioch University Seattle since 1989.

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**Fees and Registration Form**

\*\*\*Please print out this form, fill it in and mail in with your payment to:\*\*\*

**AK-PA**

**P.O. Box 241292**

**Anchorage, AK 99524-1292**

Or fax it with credit card information to **(907) 344-8878**

**Please register as soon as possible. (registration at the door is based on available space)**

**Fees: FULL DAY ( 8 CE credits)**  
AK-PA Members - \$135  
Non-AKPA Members – \$150  
Students - \$25

**HALF DAY ( 4 CE credits)**  
AK-PA Members - \$70  
Non-AKPA Members – \$85  
(1/2 day includes lunch and panel)

**Registration Information:**

Name: \_\_\_\_\_

Mailing Address (including city, state, and zip code):  
\_\_\_\_\_

Contact Phone & e-mail:  
\_\_\_\_\_

AK-PA Member Y  N

Fee: \_\_\_\_\_

**Payment:** \_\_\_\_\_  Check (made out to AK-PA)  Visa  Mastercard

Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_