

Culturally Responsive Cognitive Behavior Therapy: *Tips, Tools, and Techniques*

Presented by Pamela A. Hays, Ph.D.

CE: 3.5

Learning Objectives

1. Apply the ADDRESSING framework to increase your understanding of and connection to clients of diverse identities.
2. Analyze your own ongoing Cultural Self-Assessment.
3. Create a Personal Strengths Inventory for clients that recognizes culturally based strengths and supports.
4. Implement at least three cognitive, behavioral, or interpersonal tools and techniques to facilitate treatment success.

Description of Content

In this workshop, you'll learn a groundbreaking framework for integrating multicultural considerations into psychotherapy. The framework begins with the ADDRESSING acronym which highlights marginalized communities related to Age and generational influences, Developmental or other Disability, Religion and spirituality, Ethnic and racialized identity, Socioeconomic status, Sexual orientation, Indigenous heritage, National origin, and Gender. You will learn six absolute essentials for culturally responsive practice, and how to use the Cultural Self-Assessment to pinpoint your learning edges. You'll acquire practical, strengths-oriented strategies to ensure accurate, helpful, and culturally responsive assessments. And you will learn practical strategies, tools, and techniques for facilitating culturally responsive therapy. Specific tools include the *Personal Strengths Inventory*, *Compassion Voice*, *Wise Elder*, *the Most Generous Interpretation Technique*, and more.

Biography

Pamela Hays holds a Ph.D. in Clinical Psychology from the University of Hawaii, an M.S. in Counseling Psychology from the University of Alaska, a B.A. in psychology from New Mexico State University, and a certificate in French from La Sorbonne in Paris. From 1987-1988, she served as NIMH postdoctoral fellow at the University of Rochester School of Medicine, followed by 11 years on the graduate faculty of Antioch University Seattle. Her research has included work with Tunisian women in North Africa, and Southeast Asian people in the United States. She is the author of several books and articles including *Addressing Cultural Complexities in Counseling and Clinical Practice: An Intersectional Approach* (2022), and APA has produced numerous training videos of her work with clients. Since 2000, Pam has been back on the Kenai Peninsula of Alaska where she has worked in community mental health and with the Dena'ina Wellness Center. For more information on her books, videos, workshops, and clinical practice, see www.drpamelahays.com.



The workshop will not be streamed nor recorded for a homestudy webinar.

Date: TBD

Time: TBD

Location: TBD

To register: TBD



Psychologists, LPC, nurse practitioners, LPA, LCSW, LMFT, and students can attend this workshop.

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