

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

Pamela A. Hays, PhD

**Dates:** Sept. 7, 2024, 1-4:30pm

### **Description of Content:**

Join Dr. Pamela Hays for a groundbreaking approach to culturally responsive practice starting with the ADDRESSING framework which highlights 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'll earn six absolute essentials for culturally responsive practice and acquire practical, strengths-oriented strategies, tools, and techniques including the *Personal Strengths Inventory*, *Compassion Voice*, *Wise Elder*, *the Most Generous Interpretation Technique*, and more.

### **Learning Objectives**

#### **You will learn how to:**

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

### **Biography:**

Pamela Hays holds a Ph.D. in Clinical Psychology from the University of Hawaii. She served as a National Institute of Mental Health postdoctoral fellow at the University of Rochester School of Medicine, followed by 11 years on the graduate faculty of Antioch University Seattle. She is the author of several books, 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, see [www.drpamelahays.com](http://www.drpamelahays.com).