

**Hawaii Psychological Association
Diversity Committee and Continuing Education Committee**

Present
Culturally Responsive Cognitive Behavior Therapy



Presenter: Pamela A. Hays, Ph.D

Saturday January 16, 2010
9:00 a.m. – 4:30 p.m.

Argosy University
Honolulu, Hawaii

Hawaii Psychological Association
841 Bishop Street, Suite 2100
Honolulu HI 96813

Hawaii Psychological Association
Diversity Committee and Continuing Education Committee Presents
Culturally Responsive Cognitive Behavior Therapy

Despite enormous growth in the fields of both cognitive behavior therapy (CBT) and multicultural counseling, there has been a noticeable lack of collaborative work between these two domains. This workshop will address the need for more culturally responsive evidence-based approaches to psychotherapy by focusing on the integration of multicultural considerations with CBT. Cultural influences will be defined as those outlined by the ADDRESSING acronym (Age and generational influences, Developmental and acquired Disabilities, Religion and spiritual orientation, Ethnic and racial identity, Socioeconomic status, Sexual orientation, Indigenous heritage, National origin, and Gender; Hays, 2008). The workshop will provide an overview of the advantages and potential limitations involved in the integration of multicultural considerations with CBT. Emphasizing a practice-oriented approach, 10 strategies will be described for making CBT more culturally responsive, including case examples representing people of diverse identities and contexts.

AGENDA

7:45 am – 8:150 am Registration

8:30 – 10:15 am

10:15 – 10:30 am (Break)

10:30 - Noon

Noon – 12:30 pm Lunch

12:30 – 2: 00 pm (Break)

2: 00 – 4:00 pm

Learning Objectives This workshop will help you to:

1. Recognize 9 key cultural influences on clients, therapists, and the therapeutic relationship
2. Avoid the tension that can arise in cross-cultural interactions between therapist and client
3. Increase efficiency, accuracy, and credibility in an initial assessment
4. Increase the effectiveness of cognitive restructuring with clients of diverse identities.
5. Incorporate culturally based strengths and supports for use in cognitive behavioral interventions.
6. Develop culturally responsive homework assignments that facilitate treatment success.

Culturally Responsive Cognitive Behavioral Therapy

About the Presenter

Pamela Hays, author of *Addressing Cultural Complexities in Practice* and co-editor of *Culturally Responsive Cognitive-Behavioral Therapy*, holds a Ph.D. in Clinical Psychology from the University of Hawaii. From 1987-88, she served as an NIMH Postdoctoral Fellow at the University of Rochester School of Medicine. From 1989-2000, she worked as a core faculty member of the graduate psychology program at Antioch University Seattle. Her research has included work with Arab women in North Africa, and Vietnamese, Lao, and Cambodian refugees in the U.S. Her articles on cognitive behavior therapy, couple therapy, older adults, multicultural and feminist issues have appeared in *Professional Psychology: Research and Practice*, the *Journal of Counseling and Development*, the *International Journal of Psychology*, and *Women and Therapy*. She works as a licensed psychologist in rural Alaska providing supervision to Cottonwood Health Center and the Kenaitze Tribe's Nakenu Family Center, along with her private practice. She serves as adjunct faculty for Antioch University Seattle, and conducts workshops internationally. She currently lives with her husband in the community of Kasilof, population 500 (not counting several thousand moose).

Registration: 7:45 am **CE Workshop Hours:** 8:30 am – 4:00 pm

Location: Argosy University

Parking: Parking is available

HPA Membership: Persons applying to join HPA up to the time of registration for the workshop are eligible for the member registration rate. If you are interested in joining, please call the HPA office, 447-1840, for an application or download the application from HPA's web site, <http://www.hawaiipsychology.org/membership/index.html>

Lunch: 12 – 12:30 pm. Fees include lunch for workshop attendees.

Discounted group registration: Groups of 4 or more individuals registering at the same time are eligible to register at a discounted rate. The discounted registration fee is \$125 per person in the group.

Student registration: Individuals enrolled in a degree program may register at the student rate. Lunch is not included.

Refund Policy: Full refunds will be given to participants who cancel on or before January 08, 2010. A \$15 handling charge will be assessed on cancellations received on or after January 08, 2010.

Saturday January 16, 2010: Culturally Responsive Cognitive Behavioral Therapy
8:00 a.m. – 4:00 p.m.

6.0 CE

Continuing Education Workshop

The Hawaii Psychological Association is approved by the **American Psychological Association (APA)** to offer continuing education for psychologists. HPA maintains responsibility for the program. Participants will be provided with documentation of CE credits. Complaints should be directed to Melissa Pavlicek, HPA, 841 Bishop St., Suite 2100, Honolulu HI 96813.

Important Notice: Those who attend the workshops and complete the HPA evaluation form will receive continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is complete will not receive CE credits.

Who should attend the CE workshops: The workshops will be beneficial for psychologists, physicians, psychiatrists, physician assistants, social workers, marriage & family therapists, nurses, counselors, CSAC counselors and other allied health care professionals. Information provided in the workshops will also be helpful for members of other professions and agencies.

Need More Information?

Contact the Hawaii Psychological Association:

phone (808) 447-1840 or

email **hpaexec@gmail.com**

REGISTRATION FORM
Hawaii Psychological Association
Diversity Committee and Continuing Education Committee Presents
Culturally Responsive Cognitive Behavior Therapy
Presenter: Pamela A. Hays, Ph.D
January 16, 2010

Name [Please PRINT]	()	Degree	Business Phone
Address		City/State/Zip	
Phone Number(s)		e-Mail (please print)	

REGISTRATION INFORMATION: Circle appropriate fees to register.

Student Registration: Individuals enrolled in a degree program may register as a student.

Early registration deadline: DATE: January 08, 2010

Registration Fees	Register Before DATE and Save!	On or Before DATE	On or After DATE
HPA Members	<input type="checkbox"/> Workshops	\$150	\$175
NON Members & MDs	<input type="checkbox"/> Workshop	\$250	\$275
Student HPA Member	<input type="checkbox"/> Workshop	\$100	\$110
Student Non-Members	<input type="checkbox"/> Workshops	\$ 125	\$140
Allied Health profs Nurse, MFT Social Worker, Counselor, PA CSAC Counselor	<input type="checkbox"/> Workshops	\$150	\$165

TOTAL

CIRCLE PAYMENT METHOD: Check enclosed, payable to HPA MasterCard Visa AmExp
PurchaseOrder

For Credit Card, you must complete the following

REGISTRATION FORM TO:

Name (as it appears on card) _____

Card # _____ Exp date _____

Signature _____

Postmark Deadline to Avoid Late Registration Fee: Thursday, January 08, 2010

SEND
HPA
841 Bishop St. Ste. 2100
Honolulu HI 96813
Phone: (808) 521-8995
FAX: (808) 521-8994