

CULTURALLY RESPONSIVE COGNITIVE BEHAVIOR THERAPY: BEYOND THE TREATMENT MANUAL

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Evidence-based practice has been defined as the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences (American Psychological Association Task Force on EBPP, 2006). The best available research currently includes an enormous number of empirically supported treatments (ESTs), many of which are cognitive behavior therapies. It also includes a wealth of multicultural research (much of it qualitative) that demonstrates the importance of clinical expertise, patient characteristics, and cultural considerations in therapy. This workshop describes an approach to culturally responsive therapy grounded in cognitive behavior therapy (CBT) but flexible enough to incorporate cultural considerations and other therapeutic strategies. Using the intersectional ADDRESSING framework, we'll consider influences related to Age and generational roles, Developmental and other Disability, Religion and spirituality, Ethnic and racial identity, Socioeconomic status, Sexual orientation, Indigenous heritage, National origin, and Gender. Attention will be given to systems of privilege and oppression related to structural inequalities (i.e., the "isms" of racism, classism, heterosexism, ableism, etc.), with an emphasis on how which these systems perpetuate biases in health care and providers. We'll also look at the integration of this cultural awareness and knowledge with the practice of psychotherapy in community settings. You'll learn how to help clients create a Personal Strengths Inventory that incorporates culturally based strengths and supports. And you will gain several culturally adapted cognitive and behavioral tools including Compassion Voice, Wise Elder, and Most Generous Interpretation Technique.

Learning Objectives

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

1. Participants will acquire six key points of essential knowledge regarding the impact of systems of privilege and oppression on clients, treatment, and providers themselves.
2. Participants will be able to apply culturally adapted tools and techniques to facilitate treatment success.