Enhancing Clinical Skills with Ethnically & Racially Diverse Clients

May 22, 2015 • Louisville, KY
Location: Foundation for a Healthy Kentucky
1640 Lyndon Farm Court, Suite 100, Louisville, KY 40223

Sponsored by the Center for Mental Health Disparities at the University of Louisville and the Kentucky Psychological Association (KPA) • 6 CE’s

Given the increasing diversity of clients seeking mental health care, there is a growing need to enhance the cultural sensitivity of therapeutic interventions with ethnoracial minority groups. This workshop will provide clinical perspectives on how to incorporate cultural factors into therapy. The presenter will discuss strategies for making treatment more relevant when working with underserved and marginalized populations. An assessment of functional and non-functional behaviors of both therapists and clients will be examined from the behaviorally-based Functional Analytic Psychotherapy (FAP) perspective. Additionally, the presenter will address how therapies can be adapted when working with clients with diverse backgrounds, particularly as many empirically supported interventions were developed among relatively homogeneous research populations. Topics will include: culturally informed assessment; strategies to build alliances across difference; psycho-education about ethnic identity; identifying ethnoracial biases in the therapist; and how to identify and prevent committing microaggressions against clients, which can rupture the therapeutic alliance. Research findings surrounding the role of discrimination and racism upon mental health will also be reviewed. Additionally, a large part of this workshop will be for participants to ask questions and discuss cases. Attend one part or both.

About the Presenter

Monnica T. Williams, Ph.D., is a clinical psychologist and Director of the Center for Mental Health Disparities at the University of Louisville in the Department of Psychological and Brain Sciences. She coordinates multiple research projects and provides research and clinical training to graduate and undergraduate students. Dr. Williams is also a licensed psychologist, providing cognitive-behavioral treatment for adults and adolescents with OCD, PTSD, and anxiety disorders. She specializes in treatment of the most severe cases of OCD and hoarding using Exposure and Ritual Prevention (Ex/RP) at the Behavioral Wellness Counseling Clinic & Louisville OCD Clinic. Dr. Williams has published research and didactic articles on treatment issues (over 50), and she provides clinical lectures for mental health professionals at local organizations and national conferences.

More Information and Online Registration: www.mentalhealthdisparities.org/workshops.php