



# ILLINOIS PSYCHOLOGICAL ASSOCIATION

Suite 1904 67 East Madison Street Chicago Illinois 60603

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**The IPA Summer Institute Presents:**

## **Promoting Empowerment within Racially and Culturally Stressful Spaces: Using the REACH Model to Help Clients of Color Heal, Cope, and Thrive!**

**An In-Person Workshop**

**Friday, June 27, 2025**

**Presented by**

**Ryan C.T. DeLapp, Ph.D.**

**6 Hours of APA Approved Continuing Education Credit**



**Ryan C.T. DeLapp, Ph.D.**, is a licensed psychologist, and the founding Director of the Racial, Ethnic, and Cultural Healing (REACH) program at The Ross Center. Dr DeLapp is widely recognized for his expertise in supporting minority individuals with healing from and learning to navigate cultural stressors within their lives. His REACH Program adapts evidenced-based treatments to help teens and adults develop protective skills to alleviate the impact of racial and cultural stresses. This program is derived from over 10 years of Dr. DeLapp's research and clinical practice. And, from this work, he has authored over 20 publications and has conducted over 100 presentations discussing considerations for assessing and treating racial and cultural stress in diverse populations. The culmination of these considerations is featured in his recently released workbook entitled "*Empower Yourself Against Racial and Cultural Stress: Using Skills from the REACH Program to Heal, Cope, and Thrive.*"

## Program Description

Racial and cultural stresses unfortunately continue to be social, emotional, and cognitive stressors that persons of color (POCs) are tasked with learning to navigate in their daily lives. However, it can be hard, as clinicians, to know how to efficiently conceptualize the impacts of such stresses in ways that clarify avenues for offering support and healing. In this workshop, attendees will learn to use components of the Racial, Ethnic, And Cultural Healing Unifying Principles (REACH UP – DeLapp & Gallo, 2022; DeLapp & DeLapp, 2024) to conceptualize and then flexibly adapt their treatment plans for the impacts of racial and cultural stresses when working with POCs. Specifically, this workshop will first help clinicians sensitively assess the impacts of identified racial and cultural stressors. Then, the workshop will provide an overview of treatment options for supporting POCs in healing from, coping with, and navigating the following impacts of racial and cultural stress:

1. *Emotional Stress*: the intense and uncomfortable emotional responses caused by racial and cultural stress
2. *Agency Stress*: the ways racial and cultural stress undermine one's sense of agency and control within their surroundings
3. *Identity Stress*: the ways racial and cultural stress can impact one's sense of self-love, self-confidence, and cultural pride

Altogether, this workshop will utilize didactic instruction, experiential learning activities, and case discussions to support attendees in strengthening their provision of culturally responsive care when clients of color disclose experiences of racial and cultural stress within therapy.

## Learning Objectives

By the end of this workshop, participants will:

1. Define what racial and cultural stress is and why it is important to incorporate into treatment plans for clients of color
2. Identify personal actions attendees can take to create a safe space for clients of color to disclose experiences of racial and cultural stress within therapeutic spaces.
3. Incorporate structured assessments of racial and cultural stress into intake/screening procedures to inform when it is important to further explore the impact of such stress,
4. Use the Racial, Ethnic, And Cultural Healing Unifying Principles (REACH UP) model to assess how clients of color define racial coping self-efficacy
5. Adapt treatment plans to sensitively address hurtful and painful emotional responses (or Emotional Stress) to racial and cultural stress
6. Adapt treatment plans to sensitively address experiences of powerlessness and reduced agency (or Agency Stress) due to racial and cultural stress
7. Adapt treatment plans to sensitively respond to instances of reduced self-love, self-confidence, or cultural pride (or Identity Stress) due to racial and cultural stress

## Workshop Schedule

<b>[9:00-9:10am]</b>	Workshop Introduction
<b>[9:10-10:00am]</b>	Promoting a Culturally Responsive Mindset
<b>[10:00-10:30am]</b>	Assessing for Sources of Racial and Cultural Stress
<b>[10:30-10:45am]:</b>	<i>BREAK –</i>
<b>[10:45am-12:00pm]</b>	Assessing & Treating Emotional Stress
<b>[12:00-1:00pm]:</b>	<i>LUNCH</i>
<b>[1:00-2:00pm]</b>	Assessing & Treating Agency Stress
<b>[2:00- 3:30pm]</b>	Assessing & Treating Identity Stress
<b>[2:50-3:05pm]:</b>	<i>BREAK</i>
<b>[3:30-4:00pm]</b>	Case Examples & Workshop Wrap-Up

## Continuing Education Credits

*Promoting Empowerment within Racially and Culturally Stressful Spaces: Using the REACH Model to Help Clients of Color Heal, Cope, and Thrive!* is sponsored by: The Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

6 continuing education credits for psychologists will be awarded.

## Continuing Education Grievance Policy

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content, and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following action will be taken:

If the grievance concerns the content of the workshop, an IPA representative will mediate and will be the final arbitrator.

## **Direct Correspondence to:**

Illinois Psychological Association  
67 East Madison Street Suite 1904 Chicago, Illinois 60603  
Or [sogrady@illinoispsychology.org](mailto:sogrady@illinoispsychology.org)

## **Location**

Midwestern University  
Behavioral Science Event Room 5th Floor 555 31st Street  
Downers Grove, IL 60515

## **Cancellation Policy**

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing to Dr. Susan O'Grady [sogrady@illinoispsychology.org](mailto:sogrady@illinoispsychology.org)

## **Registration**

*Promoting Empowerment within Racially and Culturally Stressful Spaces: Using the REACH Model to Help Clients of Color Heal, Cope, and Thrive!* will be held on Friday, June 27 from 9:00 am to 4:00 pm at Midwestern University, Downers Grove, IL

**Stay tuned for the registration link. Registration should open by May 1st. Email announcements will be sent and posted to the IPA website once registration opens.**

### Workshop Fees Before May 30, 2025

Member: \$125 Non-Member: \$150 Student: \$10

### After May 30, 2025

Member: \$175 Non-Member: \$200 Student: \$15

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, they should contact Dr. Susan O'Grady by May 16th, 2025, to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Dr. Susan O'Grady at 312-372-7610, x203.

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.