



Culturally Responsive Treatment Planning for Racism-Related Stress

**January 26, 2024
12 to 3pm (CST)**

Online Webinar: A link will be sent to all registrants

**Sponsored by: Illinois Psychological Association
Clinical Practice Section**

3 Hours of Continuing Education Credit

**Presented by
Ryan DeLapp, PhD**



Ryan DeLapp, Ph.D., is a licensed psychologist, and the founding Director of the Racial, Ethnic, and Cultural Healing (REACH) program at The Ross Center in New York, NY. He earned his Ph.D. in clinical psychology from the University of Louisville and received specialized training in CBT, DBT, and ACT during his pre-doctoral internship and postdoctoral training. Dr. DeLapp has practiced in a variety of clinical settings including private practice, university clinics, and hospital-based clinics. 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 is derived from nearly 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 racism-related stress in diverse populations, including a publication introducing a model for helping clinicians flexibly adapt treatment plans to address disclosures of race-based stress during therapy (DeLapp & Gallo, 2022). The culmination of these considerations will be featured in his upcoming REACH self-help workbook for adolescents and young adults of color that will be published in collaboration with Guildford Publishing (Release Date TBD).

Program Description

Culturally responsive care describes psychotherapeutic practices that seek to respect the strengths and values of an individual's cultural background, creates space for individuals to receive support for cultural stressors (e.g., racism), and acknowledges the interaction between the individual and their surrounding environments. The primary focus of this training is to help mental health professionals feel more confident and effective in offering culturally responsive assessment and treatment planning for experiences of racism-related stress when working with BIPOC patients. This presentation is based on the Racial, Ethnic, and Cultural Healing Unifying Principles (or REACH UP - DeLapp & Gallo, 2022) and references the latest guidelines for culturally responsive care with patients who are BIPOC. Specifically, this training will clarify the potential mental health impacts of systemic, cultural, and interpersonal forms of racism on BIPOC, introduce assessment materials for evaluating these impacts, and provide recommendations on how to incorporate evidence-based interventions rooted in CBT, DBT, and ACT to address the psychological impacts of RRS. Notably, this training will also feature an overview of experiential exercises and materials included in Dr. DeLapp's REACH workbook that will be published with Guilford Press (Release Date: TBD 2024)..

Learning Objectives

Participants will be able to:

1. Describe a foundational understanding of Culturally Responsive Care within psychotherapeutic practice.
2. Sensitively assess a patient's cultural values and strengths.
3. Explain the REACH UP model.
4. Use the REACH UP model to assess the specific impacts of racism-related stress on BIPOC's sense of daily empowerment.
5. Use the REACH UP model to flexibly adapt treatment plans to target "Emotional Stress", "Relationship and Community Stresses", and "identity Stress" caused by RRS.

CONTINUING EDUCATION CREDITS

Culturally Responsive Treatment Planning for Racism-Related Stress 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.

Three 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
mkarey@illinoispsychology.org

LOCATION

This workshop is being held as a live webinar only.

REGISTRATION

***Culturally Responsive Treatment Planning for Racism-Related Stress* will be held on Friday, January 26, 2024, from 12pm to 3pm (CST) as a live interactive Webinar. A zoom link will be sent to all registrants the week of January 22, 2024.**

Register online on the IPA Website or call the IPA Office: 312-372-7620 x 201

www.illinoispsychology.org

Friday, January 26, 2024, from 12pm to 3pm (CST)

Workshop Fees

- IPA Clinical Practice Section Members: Complimentary (register by emailing Jaclyn Psenka at jpsenka@illinoispsychology.org)
- IPA Member: \$80
- Non-Member: \$110
- Student: \$25

Group Student/Trainee Rate: \$25

Supervisor/Teacher must enroll at full workshop fee

(Contact Marsha Karey mkarey@illinoispsychology.org for details)

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, she/he should contact Marsha Karey by January 12, 2024 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Marsha Karey 312-372-7610 x201.

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.

The work of IPA is possible because of member support. If you are a member, we THANK YOU!

The more individuals who participate, the louder our collective voice can be towards positive changes in Illinois Mental Health. If you would like to join, please visit our website.

