

**Friday September 20, 2024 at 1:00pm to 4:30pm Virtually (3.5 Hours of Category A CE)**

**Culturally Responsive Cognitive Behavior Therapy: Tips, Tools, and Techniques  
with Pamela A. Hays, PhD**

In this workshop, you'll learn a groundbreaking framework for integrating multicultural considerations into psychotherapy. The framework begins with the ADDRESSING acronym which highlights marginalized communities related to Age and generational influences, Developmental or other Disability, Religion and spirituality, Ethnic and racialized identity, Socioeconomic status, Sexual orientation, Indigenous heritage, National origin, and Gender. You will learn six absolute essentials for culturally responsive practice, and how to use the Cultural Self-Assessment to pinpoint your learning edges. You'll acquire practical, strengths-oriented strategies to ensure accurate, helpful, and culturally responsive assessments. And you will learn practical strategies, tools, and techniques for facilitating culturally responsive therapy. Specific tools include the *Personal Strengths Inventory*, *Compassion Voice*, *Wise Elder*, *the Most Generous Interpretation Technique*, and more.

**Fee:** NCPA Members - \$85.00; Non-members - \$105.00

**Instructional Level:** Intermediate

**Educational Format:** Lecture and Presentation

**Learning Objectives:**

**By the end of the institute, participants will be able to:**

1. apply the ADDRESSING framework to increase your understanding of and connection to clients of diverse identities,
2. analyze your own ongoing Cultural Self-Assessment,
3. create a Personal Strengths Inventory for clients that recognizes culturally based strengths and supports,
4. implement at least three cognitive, behavioral, or interpersonal tools and techniques to facilitate treatment success.



**Instructor:**

**Pamela Hays** holds a Ph.D. in Clinical Psychology from the University of Hawaii, an M.S. in Counseling Psychology from the University of Alaska, a B.A. in psychology from New Mexico State University, and a certificate in French from La Sorbonne in Paris. From 1987-1988, she served as NIMH postdoctoral fellow at the University of Rochester School of Medicine, followed by 11 years on the graduate faculty of Antioch University Seattle. Her research has included work with Tunisian women in North Africa, and Southeast Asian people in the United States. She is the author of several books and articles including *Addressing Cultural Complexities in Counseling and Clinical Practice: An Intersectional Approach (2022)*, and

APA has produced numerous training videos of her work with clients. Since 2000, Pam has been back on the Kenai Peninsula of Alaska where she has worked in community mental health and with the Dena'ina Wellness Center. For more information on her books, videos, workshops, and clinical practice, see [www.drpamelahays.com](http://www.drpamelahays.com).

**Continuing Education Information:** This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 3.5 hours of Category A credit.**

**Attendance Requirement for CE Credit:**

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

**Citations:** Available upon request.