



The REACH Program was created by Dr. Ryan C.T. DeLapp, licensed clinical psychologist. Dr. DeLapp specializes in the provision of culturally responsive care, or the acknowledgement of cultural strengths and impacts of cultural stressors within psychotherapy.

For more information, please visit [RossCenter.com](https://www.rosscenter.com)

Clinician-focused Workshop Series (each topic is about a 60-75 min workshop):

- What is Culturally Responsive Care and Why should I care about it?
- Culturally Responsive Assessment of Racism-related Stress
- Culturally Responsive Treatment Planning for Racism-related Stress
- Culturally Responsive Supervision/Consultation

Teen-focused Workshop Series (each topic is about a 60-75 min workshop):

- Taking Empowered Steps towards my Life Goals: Part 1
- Is Racism affecting me: Exploring the Effects of Racism-related Stress on Teen Mental Health: Parts 1 and 2
- Promoting Cultural Mindfulness: Using Mindfulness and Self-Compassion to cope with Racism-Related Stress
- Empowered Responses to Racism Related Stress: Coping with Emotional Discomfort Caused by Racism
- Empowered Responses to Racism Related Stress: Coping with Racism Impacts on Racial Identity
- Empowered Responses to Racism Related Stress: Navigating Systemic and Interpersonal Racism

Parent/Caregiver-focused Workshop Series (each topic is about a 60-75 min workshop):

- Supporting My Child's Empowered Steps towards their Life Goals
- Race Talks Matter: How to Talk with Child about the impacts of Racism-related Stress?
- Supporting My Child's Empowered Responses to Racism-related Stress

Dr. Ryan DeLapp



Dr. DeLapp recently published a framework entitled the **REACH UP: Racial, Ethnic, and Cultural Healing Unifying Principles** (DeLapp & Gallo, 2022), that describes how he adapts evidenced based treatments to embrace and respect the cultural backgrounds of the individuals he works with.

His additional scholarly works include:

- *DeLapp, R.C.T. & Gallo, L. (2022).* A Flexible Treatment Planning Model for Racism-related Stress in Adolescents and Young Adults. *Journal of Health Service Psychology.*
- *DeLapp, C.L & DeLapp, R.C.T (2021).* Talking Racial Stress: Clinician Recommendations for Exploring Racial Stress with BIPOC Patients. *The Behavior Therapist, 44(2), 75-79.*
- *DeLapp, R.C.T. & Williams, M.T. (2019).* Preparing for Racial Discrimination and Moving beyond Reactive Coping: A Systematic Review. *Current Psychiatry Reviews, 15, 58-71.*
- *DeLapp, R.C.T. & Williams, M.T. (2015).* Professional Challenges Facing African American Psychologists: The Presence and Impact of Racial Microaggressions. *The Behavior Therapist, 38(4), 101-105.*