



EMPOWERED LIVING SERIES:
A Culturally-Informed, Strengths-based CBT Approach

AGENDA

Preparing for Racial Talks: Strategies for Strengthening a Culturally Responsive Mindset

Friday, September 13, 2024 | 12:00 - 2:00pm

Remote via Zoom

12:00 - 12:15pm	Introduction to the Empowered Living series
12:15 - 12:30pm	What is Culturally Responsive Care and Why it's Important
12:30 - 12:40pm	What is a Cultural Responsive Mindset
12:40 - 1:10pm	Promoting a Culturally Responsive Mindset with Mindful Self-Reflection
1:10 - 1:30pm	Promoting a Culturally Responsive Mindset by Taking Culturally Responsive Action
1:30 - 1:45pm	Promoting a Culturally Responsive Mindset by Creating a Safe Space in the Therapy room
1:45 - 2:00pm	Wrap-Up and Q&A



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Full attendance is required to receive continuing education credit.

Ryan C.T. DeLapp, PhD has financial relationships with commercial interests to disclose:

Ryan DeLapp is the author of *Empower Yourself Against Racial And Cultural Stress Using Skills From the REACH Program To Cope, Heal, And Thrive* and receives proceeds from all book sales.