

**Continuing the
Convention Series
Saturday, October 24
12:30 PM ET via Zoom
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SOCIETY OF
CLINICAL PSYCHOLOGY



DIVISION 12
American Psychological Association

Culturally Responsive Cognitive Behavioral Approaches for the Treatment of Anxiety Disorders

PRESENTER:

Dr. Jessica R. Graham-LoPresti, Ph.D.

DESCRIPTION:

The diversity among individuals living in the United States has rapidly increased over the past few decades with people of color making up 40% of the United States population in 2015 (Center for American Progress, 2015). In addition, 4.5% of adults living in the United States identify as gay, lesbian, bisexual, or transgender in 2017 (Gallup Study, 2017) and 38 million adult Americans experience impairments in physical functioning (Center for Disease Control, 2017). While these statistics represent just a few of several marginalized and underserved populations in the United States, this rapid increase highlights the importance of focusing on the mental health needs of diverse populations including the treatment of anxiety disorders within marginalized populations. Because clinicians with higher levels of cultural competence experience more favorable outcomes with their clients (Sue, 2001; Williams et al., 2014), utilizing multicultural responsiveness to effectively tailor CBT may better serve the mental health needs of marginalized populations (Iwamasa & Hays, 2019; Hofmann, 2006; Pantalone et al., 2009). These papers highlight the need for integrating cultural responsiveness and traditional CBT, providing a framework for incorporating multicultural principles, and provide suggestions to consider through the assessment and treatment of anxiety in people from traditionally marginalized backgrounds. The current presentation focuses on the adaptation of cognitive behavioral therapy for anxiety disorders with specific examples of how we have integrated multicultural principles and traditional CBTs for anxiety to better serve individuals from marginalized backgrounds.

LEARNING OBJECTIVES:

- 1) Attendees will be able to describe the rationale for traditional cognitive behavioral therapies for anxiety disorders
- 2) Attendees will be able to list 3 stressors that often impact anxiety in marginalized groups
- 3) Attendees will be able to describe how multicultural principles can be integrated into traditional cognitive behavioral therapies for anxiety with clients who are experiencing culturally specific stressors.

CE CREDITS AVAILABLE: 1 COST: Free

Attendees must attend the entirety of the program and complete the Evaluation and Knowledge Test which will be sent shortly after the Live Webinar CE Certificates will be processed and emailed within 5 – 10 business days.

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