

# **EVIDENCE BASED PRACTICE AND ITS IMPLICATIONS FOR CULTURALLY SENSITIVE TREATMENT**

*9<sup>th</sup> Annual EMAGS Multicultural Conference*

**Presenter: Gargi Roysircar, Ph.D.**

**Saturday, September 26, 2009 ♦ 9:00 a.m. – 4:00 p.m.  
Fort Lauderdale, Florida**

This workshop discusses the adherence of culturally sensitive treatment to evidence-based practice. Culturally sensitive treatment is distinguished from empirically supported treatment. Therapists are advancing culturally sensitive treatment by designing and evaluating interventions and evolving their understanding of what makes culturally sensitive treatment work with minority clients. Research on minority utilization, treatment outcomes, culturally relevant constructs, and therapist multicultural competencies will be presented to develop an understanding of culturally sensitive interventions with people of color. Topics to be addressed will include the American Psychological Association's (APA) integration of research and clinical expertise in client contexts, culturally sensitive treatment models, culturally adapted therapies, relevance of the common factors and the therapeutic alliance when treating minority clients, related threats to the alliance, as well as essential reduction of therapist bias.

## ABOUT THE PRESENTER

**Gargi Roysircar, Ph.D.** is a professor of clinical psychology and director of the Multicultural Center for Research and Practice at Antioch University New England. She is a fellow of the American Psychological Association and the editor of the *Journal of Multicultural Counseling and Development*. Dr. Roysircar was awarded the 2007 Research Award and the 2002 Extended Research Award of the American Counseling Association. Her recent co-edited books are *“Handbook of Social Justice in Counseling Psychology”*; *“Multicultural Competencies: A Guidebook of Practices”*; and *“Multicultural Counseling Competencies”* (also translated in Spanish). She is currently writing a book, *“Disaster Recovery: Counseling Interventions”* and is a co-author of *“Theories and Strategies of Counseling and Psychotherapy: Relevance Across Cultures and Settings”* (in press, SAGE). Her instrument, the Multicultural Counseling Inventory (MCI), is the most frequently cited instrument among published self-report multicultural competency scales. One of her articles (Sodowsky et al., 1998), which uses the MCI instrument, is ranked among most cited articles of the *Journal of Counseling Psychology*. In her community practice, Dr. Roysircar has been involved in tsunami recovery in fishing communities in Southern India, in Hurricanes Katrina and Rita recovery in the Gulf Coast of the United States, and in working with the staff of orphanages in South Africa and Botswana where HIV/AIDS-infected and -affected orphans and women receive education and health services. Recently, she did postvention psychoeducation in flood-ravaged Villahermosa of Tabasco, Mexico. Dr. Roysircar educates her disaster response teams in disaster trauma, culture-centered response skills specific to community disasters, and in self-care to prevent vicarious traumatization or compassion fatigue. In 2008, Dr. Roysircar received a grant award from the Foundation of the Mid South in partnership with the American Red Cross to do community resilience work with disaster response workers in coastal towns of Mississippi.

## PROGRAM LOCATION

Nova Southeastern University  
Health Professions Division (HPD)  
Chancellor's Dining Room, 5<sup>th</sup> Floor – Terry Building  
3200 South University Drive  
Fort Lauderdale, Florida 33328-2018

**From I-95 or Florida's Turnpike, North or South:** Exit at I-595, proceed west to University Drive exit. Turn left (south) onto University Drive. Proceed approximately 1½ miles to SW 30 Street (Abe Fischler Blvd.), turn left (east). HPD will be directly on the right side. Turn right at first driveway, and parking garage will be straight ahead.

**From I-75:** Merge onto I-595 eastbound (towards Fort Lauderdale). Exit at University Drive exit, turn right (south). Proceed approximately 1½ miles on University Drive to SW 30 Street (Abe Fischler Blvd.), turn left (east). HPD will be directly on the right side. Turn right at first driveway, and parking garage will be straight ahead.

For maps and directions to the Health Professions Division on Nova Southeastern University's main campus, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

## PROGRAM OBJECTIVES

Participants will be able to:

- Define culturally sensitive treatment in the context of evidence based practice and as differentiated from empirically supported treatment
- Discuss treatment outcomes with minority clients
- Describe specific culturally sensitive treatment models
- Utilize culturally adapted therapies, such as cognitive behavioral and psychodynamic therapies
- Discuss the transferability of the common factors and the therapeutic alliance to therapy with minority clients

## PROGRAM AGENDA

<b>8:30 – 9:00 a.m.</b>	Registration and refreshments
<b>9:00 – 9:30 a.m.</b>	Culturally sensitive treatment in the context of evidence based practice and as differentiated from empirically supported treatment
<b>9:30 – 10:00 a.m.</b>	Treatment outcomes with minority clients
<b>10:00 – 10:45 a.m.</b>	Culturally sensitive treatment models
<b>10:45 – 11:15 a.m.</b>	Culturally adapted therapies, such as cognitive behavioral and psychodynamic therapies
<b>11:15 – Noon</b>	Common factors and the therapeutic and working alliance applied to the therapy process with minority clients
<b>Noon – 1:00 p.m.</b>	Lunch
<b>1:00 – 2:30 p.m.</b>	Experiential activities with participants
<b>2:30 – 3:30 p.m.</b>	Panel presentations on case conceptualizations and interventions
<b>3:30 – 4:00 p.m.</b>	Questions & discussion; Closing remarks

**To register on-line or for additional information on continuing education policies or upcoming workshops, please visit our website at <http://cps.nova.edu/CE>.**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/11.

**School psychologists:** Nova Southeastern University's Center for Psychological Studies is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/09.

Nova Southeastern University's Center for Psychological Studies is approved by the National Association of School Psychologists to offer continuing education credits for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

All mental health professionals will receive six (6) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSORS

**Nova Southeastern University's Center for Psychological Studies** is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two American Psychological Association-approved doctoral programs (Ph.D. and Psy.D.) in clinical psychology and an APA-approved internship program. The center also offers master's programs in mental health counseling and school guidance and counseling, a specialist program in school psychology, and a master's program in clinical psychopharmacology.

**The Ethnic Minority Association of Graduate Students (EMAGS)** at Nova Southeastern University's Center for Psychological Studies was formed in 1994 by students with the aim of promoting greater understanding of multicultural issues in psychology. The organization operates with the goals of helping to expand students' and mental health professionals' understanding of the need for culture-specific accommodations in psychological theory, practice, and research.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097: Telephone number 404-679-4501) to award associates, bachelor's, master's, educational specialist, and doctoral degrees.

The Center for Psychological Studies' doctoral program and Psychology Services Center are accredited by the American Psychological Association (APA, 750 First Street NE, Washington, DC 20002 -4242, (202) 336-5979). Additionally, the Center for Psychological Studies sponsors the Consortium Internship Program, which is a member of the Association of Psychological and Postdoctoral Internship Centers (APPIC).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

**Registration Form**  
**EVIDENCE BASED PRACTICE AND ITS IMPLICATIONS**  
**FOR CULTURALLY SENSITIVE TREATMENT**  
**Saturday, September 26, 2009**

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE (work): \_\_\_\_\_ TELEPHONE (home): \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Please email me about future workshops:     yes     no

**CHECK ALL THAT APPLY:**     psychologist     marriage and family therapist  
    social worker     mental health counselor  
    school psychologist     other \_\_\_\_\_  
License # \_\_\_\_\_ State \_\_\_\_\_

**NSU CENTER FOR PSYCHOLOGICAL STUDIES:**

faculty     adjunct faculty     part-time core faculty     full-time staff  
 doctoral student     master's student     specialist student     CPS alumnus

**WORKSHOP FEES:**

		<i>Full-time Students</i>
<input type="checkbox"/> Advanced registration ( <i>by Sept. 18</i> )	\$ 98.00	\$ 20.00
<input type="checkbox"/> On-site registration	\$ 120.00	\$ 25.00

check/money order     VISA     American Express     MasterCard

Credit card number: \_\_\_\_\_ Exp: \_\_\_\_\_

Signature: \_\_\_\_\_

**MAKE CHECKS PAYABLE AND MAIL TO:**

Nova Southeastern University  
Center for Psychological Studies, ATTN: Suzanne O'Sullivan  
3301 College Avenue, Fort Lauderdale, Florida 33314-7796  
Telephone: 800-541-6682, ext. 5790, or (954) 262-5790  
Fax: (954) 262-3893    Email: cpsinfo@nova.edu

**REFUND AND CANCELLATION POLICY**

A full refund or a full credit for another program will be issued for cancellations received no later than one week prior to each workshop date. Credit toward another program will be awarded for cancellations after that date. The university reserves the right to cancel the program due to low registration.