



Oregon Psychological Association

Continuing Education Workshops

June 19, 2020

Cultural Responsiveness and Cultural Responsibility in our Work as Psychologists

Presented by Eleanor Gil-Kashiwabara, PsyD
OMEF Event Center (Oregon Medical Education Foundation)
11740 SW 68th Parkway • Portland, OR 97223

Registration 8:30 am – 9:00 am • Workshop 9:00 am – 4:00 pm
With one hour for lunch (provided) • 6 CE hours • CE credit level 2

Workshop Description

This workshop will use multiple approaches to go in-depth regarding how dynamics related to cultural identities of all kinds and their intersections play out in our work as psychologists. Participants will learn about and explore both subtle and not so subtle ways in which we as providers interface with cultural dynamics each day at individual, historical and systemic levels. Updated information around mental health disparities, intersectionality, and the role of/differences between historical, intergenerational and racial trauma will be presented as we explore the potential for dangerous assumptions and missed opportunities in our work as psychologists. Tools for navigating these dimensions will be discussed including expanding our lens of Interpretive Power in psychological science and practice.

This workshop is designed to go into a deeper

level of exploration of the ways in which dynamics related to cultural identities and intersections impact the work we do as psychologists, regardless of type of work/practice (e.g., therapy, assessment, research, supervision, consultation, training) and in our various professional relationships (e.g., clients, colleagues, supervisees, trainees and collaborators). A balance between presentation of information, discussion of culturally complex vignettes and exploratory discussion between participants will provide for opportunities to acknowledge personal/professional strengths, address areas for growth and learn about and practice strategies for effective navigation of cultural circumstances that psychologists encounter in their work. Ethical considerations and what it means to be a social justice psychologist will be woven into the discussion.

About the Presenter



Dr. Gil-Kashiwabara is a Licensed Psychologist whose training and professional experience has focused on children and families experiencing a variety of issues including, but not limited to trauma (including intergenerational trauma and historical

loss), early-childhood attachment disruptions and maltreatment, neurodevelopmental disorders and mood disorders. As a bilingual, Latina psychologist of Puerto Rican and Cuban descents, Dr. Gil-Kashiwabara has a passion for and commitment to providing culturally-responsive mental health care to all clients, though much of her work has emphasized addressing service inequities and culturally-specific service provision in Latinx and American Indian/Alaska Native (AI/AN) communities.

As an Associate Professor at Portland State University, where she worked for over 13 years, she was a Principal Investigator on numerous children's mental health grants using a Community-

Based Participatory Research (CBPR) model with tribal (rural and urban) and Latinx communities.

Dr. Gil-Kashiwabara's work related to cultural responsiveness with culturally and linguistically diverse groups, has also established her as a professional leader in her field at both the national and local levels. She has served in multiple leadership capacities within the American Psychological Association (including currently as APA Council Representative for Oregon) and the Oregon Psychological Association (including as co-founder of OPAs Diversity Committee and OPAs first Latinx, and Woman of Color, President) and has given countless presentations to address mental health disparities and social determinants of health all over the country. In 2019 Dr. Gil-Kashiwabara was awarded an APA Presidential Citation from Dr. Rosie Davis in recognition of her work serving Communities of Color that intersect with deep poverty. Dr. Gil-Kashiwabara has recently opened a private practice, Luminosa Psychological Services, LLC where she provides agency and organizational consultation and training related to culturally responsive mental health care.

Workshop Objectives

Learning Objective #1: Participants will be able to discuss in general the impact of historical events on the development of historical, intergenerational and/or racial trauma and will be able to provide one specific example of historical circumstance and possible manifestation of trauma for the specific cultural/underserved group(s) impacted by that history.

Learning Objective #2: Define Interpretive Power (IP) and describe one example each of how the field of psychology and the individual psychologist can expand their IP.

Learning Objective #3: Participants will be able to identify 4 examples of mental health disparity experienced by at least two culturally underserved communities based on data available from National Institutes of Health, Substance Abuse and Mental Health Services Administration, American Psychological Association and American Psychiatric Association.

Learning Objective #4: Participants will engage in a dialogue about a specific case (vignette format) and will demonstrate the ability to: a) identify a potential assumption related to a cultural construct held within the situation; b) describe an approach to navigate these cultural dimensions that includes consideration of at least two related concepts (e.g., intersectionality, mental health disparities, historical, intergenerational, and/or racial trauma, systemic barriers experienced by underrepresented communities, privilege, microaggressions, and others); and c) discuss 1-2 ethical considerations for psychological work/practice related to cultural dimensions within the vignette.

Learning Objective #5: Participants will identify two areas for self-growth /further skill development related to cultural dynamics in psychological practice. This may include personal reflection of missed opportunities along cultural dimensions the participant has encountered in their own work as a psychologist.

Learning Objective #6: Participants will create a personal definition for what it means to be a social justice psychologist and identify one new step they can take immediately to expand cultural responsiveness and responsibility in their psychological work.

OPA 2019-2020 WORKSHOP REGISTRATION FORM

Registration Information

- ✓ Payment must accompany registration.
- ✓ Registration fees will not be refunded for cancellations as of one week prior to the scheduled event or for no-shows at the event. Prior to that, a \$25 cancellation fee will be assessed.
- ✓ Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated.
- ✓ Speaker handouts (if applicable), beverages, and networking lunch (6 hour workshops only), are included in the fee for the workshop.
- ✓ In the event of inadequate registration, weather problems or other events beyond OPA's control, a workshop may be cancelled. Should this occur, an attempt will be made to contact all registrants and fees will be refunded.
- ✓ OPA understands that many attendees are allergic or sensitive to chemicals in aftershave, colognes and perfumes. OPA requests that attendees refrain from wearing artificial scents of any kind when attending an event. Thank you in advance for your understanding and cooperation.
- ✓ There will be no reduction in fees or letters of completion given for partial attendance.
- ✓ Mail your registration to: OPA, 147 SE 102nd Ave., Portland, OR 97216 or FAX to 503.253.9172, or register online at www.opa.org. Due to credit card security policies, we cannot accept emailed registrations.
- ✓ Confirmation letters will be sent via email only.
- ✓ Questions? Call the OPA office at 503.253.9155 or 800.541.9798, or via e-mail at info@opa.org.

Please complete all information below (Please check the workshop(s) you would like to register for):

- June 19, 2020** (Early Registration Date: June 5, 2020)
Cultural Responsiveness and Cultural Responsibility in our Work as Psychologists

SELECT YOUR REGISTRATION CATEGORIES

Registration includes: Speaker handouts, beverages, and networking lunch (6 hour workshops only).

6 Hour Workshop Fees

Discounted rates are on or before early registration date (see above for dates)

Regular rates are after early registration date (see above for dates)

- OPA Member Registration** \$175 early or \$195 regular
 Non-Member Registration \$225 early or \$245 regular
 OPA Service* or Life Member Registration \$125 early or \$145 regular

*Committee and board members currently volunteering service to OPA.

Please list the committee or position below.

"I serve OPA as _____"

- OPA Student Member Registration** \$75 early or \$95 regular
 Student Non-Member Registration \$90 early or \$110 regular

Please provide proof of full-time enrollment.

REGISTRANT & PAYMENT INFO

First Name: _____ Last Name: _____ Designations: _____

Are you a psychologist? yes no

Mailing Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Fax: _____

E-mail: _____ Special needs: _____
(Required) (ie: vegetarian entree, handicap access, etc. Requests must be made a minimum of 72 hours in advance of the event.)

Payable by check, cash or credit card in US Funds only.

Please charge my VISA MasterCard American Express Discover in the amount of \$ _____

Card Number: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Credit Card Billing Address: _____ CVV# _____

City: _____ State: _____ Zip: _____

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Registrant agrees to grant OPA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

Due to credit card security policies we cannot accept emailed registration forms with credit card information

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Questions? Call the OPA office at 503.253.9155 or 800.541.9798 or via email at info@opa.org**