

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FULL DAY FIRST FRIDAY FORUM

### Friday, June 4, 2021

“This wasn’t in the manual – now what?”: Adapting CBT to optimize care for diverse patients

*Efrat Eichenbaum, Ph.D., LP; Mariah Olvera, M.A.*

**Program:**

9:00 a.m. – 4:00 p.m.

*This session is at the intermediate level and designed for psychologists and other mental health professions.*

**Location:**

Registrants will receive a Zoom link to access the webinar online.

**Attendees are encouraged to join the webinar five to ten minutes prior to the start.**

### About the Program:

*This program qualifies for 6.0 continuing education credits.*

Cognitive Behavioral Therapy (CBT) is considered a gold-standard psychotherapy (David et al., 2018). However, marginalized populations are underrepresented in CBT efficacy studies (Graham et al., 2014, Pantalone et al., 2019), and as such it is unclear whether traditional CBT is effective or acceptable to these groups. Individuals from marginalized racial and ethnic groups experience higher levels of premature CBT termination as compared to white populations (Arnow et al., 2007; Wang, 2007). Persons with cognitive or physical disabilities may face several barriers to traditional CBT, including challenges with mobility, learning, or communication (e.g., Budd et al., 2017). Given the significant diversity of mental health consumers, there is a strong ethical and clinical rationale for adapting CBT to enhance culturally affirming care. Fortunately, it is possible to tailor even manualized CBT to facilitate culturally responsive care while maintaining fidelity to the treatment model (e.g., Gallagher et al., 2019). Featured techniques include culturally affirming cognitive restructuring and behavior change approaches, homework adaptations for patients with cognitive challenges, flexible uses of session time and physical space, and collaborations with family/caregivers. Suggested techniques are informed by empirical literature, treatment guidelines (e.g., APA 2012), and our clinical experience; case examples will be provided. This session is at the intermediate level and is designed for psychologists and other mental health professionals.

**Participants will be able to:**

1. Describe a rationale (rooted in ethical, clinical and empirical considerations) for tailoring CBT when working with marginalized populations.
2. Identify the specific circumstances in which a clinician may seek a neuropsychological assessment before tailoring CBT for a patient with suspected cognitive challenges.
3. Identify 3 techniques for adapting CBT for individuals with cognitive disabilities.

4. Identify 3 techniques for adapting CBT for individuals with physical disabilities.
5. Identify 3 unique challenges faced by patients from Hmong, African, or Mexican cultural/ethnic backgrounds in seeking CBT.
6. Identify 3 techniques for adapting CBT for individuals from Hmong, African, or Mexican cultural/ethnic backgrounds.

### About the Presenters:

**Efrat Eichenbaum, Ph.D., LP**, received her Ph.D. from Drexel University, in Clinical Psychology, with a Health Psychology Concentration and is a fellowship-trained rehabilitation psychologist at United Hospital, part of Allina Health. At United Hospital, she provides evidence-based assessment, consultation, and therapy - primarily CBT - to a diverse patient population. Dr. Eichenbaum has extensive experience with adapting CBT to better serve marginalized populations, most frequently persons with physical or cognitive disabilities. Dr. Eichenbaum is committed to evidence-based practice, professional service, and training in psychology. She is actively involved in APA Division 22 (Rehabilitation Psychology) and serves as an APA Internship Site Visitor and MPA Ethics Committee member.

**Mariah Olvera, M.A.**, is a fourth-year doctoral student in the Counseling Psychology program at Saint Mary’s University of Minnesota. Her work focuses on helping clients tell their story through understanding how their identity and cultural ex-periences shape their experiences. Through her own experiences as a Multiracial woman, Mariah became interested in studying identity development and how experiences of oppression impact well-being. Her current work also includes providing outpatient therapy as well as conducting neuropsychological assessments to individuals from various backgrounds and ages. She has also provided training to other professionals on the impact of power and privilege on their work.

The speakers have indicated no conflicts of interest.

**PLEASE NOTE:** *You must attend the full six-hour program to receive continuing education credit for this event.*

### About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**CONFIRMATION/CANCELLATION:** You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



# MPA Full Day First Friday Forum • June 4, 2021

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

**Registration is available until the event begins.** Fee:  MPA member: **\$119**  Non-member: **\$149**  Student: **\$30**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name (print): \_\_\_\_\_

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

Credit card billing address:  Same as above

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Please do not email credit card information. Fax or mail your registration form to protect this information.

**or Register online @ [www.mnpsych.org](http://www.mnpsych.org)**

**Return To:**

**Minnesota Psychological Association**

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

