

# Cultural Conceptualization and Intervention in Psychotherapy

Psychological functioning is always embedded within a cultural context. Maladaptive patterns that bring clients to psychotherapy are often learned in response to sociocultural macrosystems. In order to promote a unified approach to treatment, this seminar will highlight how cultural contexts shape cognition, emotion, and behavior. When clients move into a new culture or subculture, they engage in a process of adaptation that can be more or less successful. Cultural adaptation will be described as a possible focus in psychotherapy.

This seminar will teach both cultural conceptualization and intervention methods. Cultural conceptualization will be described as way to understand clients using the following concepts: (1) Ecological systems, (2) Social location, privilege, and oppression, (3) Multiple identities, (4) Identity development, and (5) Acculturation.

Foundational cultural skills will be described and demonstrated with role-play videos. These skills will address three general processes: (1) Exploration and functional analysis of cultural experiences, (2) Guided discovery to uncover more adaptive functioning, and (3) Enacting adaptation outside of psychotherapy.

At a more advanced level, this seminar will introduce the concepts of cultural humility and decolonization. Participants will be encouraged to consider how these ideas can inform the practice of psychotherapy with diverse clients.

This seminar is part of Level Two of Training in Unified Psychotherapy (TUP), focusing on working contextually with external contexts and internal influences. An essential part of a unified approach to treatment is understanding the impact of cultural contexts on dysfunctional thoughts, feelings, and actions and fostering more adaptive responses.

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<b>Target Audience</b>		
Psychologists Therapists	Social Workers Psychiatrists	Counselors Nurses
Course level: Intermediate		

## Learning Objectives

- At the end of this seminar, participants will be able to:
1. Identify ways that cultural contexts and experiences are related to dysfunctional cognitions, emotions, and behaviors.
  2. Describe how an understanding of ecological systems and social locations can be used to conceptualize clients' cultural experiences.
  3. Explain how identify development and acculturation can be used to understand clients' cultural experiences and identity over time.
  4. Describe how cultural interventions can help clients embrace cultural adaptation and express an integrated cultural identity.
  5. Apply concepts of cultural humility and decolonization to your own practice with diverse clients.

## Outline

Webinars Begins at 11:00 AM ET  
 INTRODUCTION TO CULTURAL FOCUS  
 Cultural Themes  
 Assumptions  
 Historical Context  
 Focusing on Culture

CULTURAL CONCEPTUALIZATION  
 Ecological System  
 Social Location, Privilege, and Oppression  
 Multiple Cultural Identities  
 Racial/Cultural Identity Development  
 Acculturation Theory

CULTURAL INTERVENTION  
 Cultural Adaptation  
 Cultural Impact on Current Functioning  
 Functional Analysis & Guided Discovery  
 Explore, Support, Change, Accept

15-minute Break

Foundational Skills for Cultural Focus  
 Exploration and Functional Analysis of Cultural Experiences  
 Guided Discovery to Uncover More Adaptive Functioning  
 Enacting Adaptation Outside of Psychotherapy  
 Video Demonstrations  
 Cultural Humility  
 Decolonizing Therapy  
 Cultural Key Strategies  
 Webinar Ends at 2:15 PM ET

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## The Presenter

Jeff E. Harris received his Ph.D. in Counseling Psychology from The Ohio State University in 1990. In 2004, he was awarded board certification as a Specialist in Counseling Psychology by the American Board of Professional Psychology. Dr. Harris has worked as a psychologist, training director, and director of counseling at student counseling centers at Southern Illinois University, the University of Hawaii at Manoa, and New Mexico State University. He also worked as an associate professor of Counseling Psychology at Texas Woman's University. Dr. Harris is a licensed psychology, currently providing telehealth psychotherapy for Amwell Medical Group and BetterHelp. Dr. Harris is the author or co-author of two books: *Workshops: Designing and Facilitating Experiential Learning* (Brooks-Harris & Stock-Ward, 1999) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008). In 2015, Dr. Harris started collaborating with other scholars to define Unified Psychotherapy as a distinct route to integration. Dr. Harris has developed Training in Unified Psychotherapy (TUP) as a webinar series and certification program to teach therapists to think about clients in a holistic manner and to utilize diverse interventions based on the individual needs of each client.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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