Addressing Racial and Cultural Differences in Therapeutic Settings
Led by Drs. Monnica Williams and Chad Wetterneck, Nov 2018-Jan 2019

Overview

The Training
Provided tools and a lens to address implicit bias regarding racial and cultural differences between provider and participant in care.

Components

Introductory Webinar
N=110
Included cultural/historical context of race and ethnicity in today’s society and their role in therapeutic settings

In-Person Training
N=55
Included role-playing exercises to practice incorporating racial and cultural cognizance

Consultation Webinar
N=26
Included assessment of participants’ progress in introducing a culturally sensitive lens into their work

Evaluation
Participants showed statistically significant improvement after the training in 3 areas of self-rated cultural awareness in a post-test survey following the training (n=50).

Addressing racial and cultural differences in therapeutic settings
Assessing the impact of racial/ethnic stress and trauma on clients
Validating experiences of racism and oppression

90% of post-test survey responders (n=50) wanted further instruction via trainings, resources, and time to continue incorporating cultural competency into their work.

Feedback and Looking Forward

Participants suggested broadening racial identity models to include child and teenage populations on matters of race in therapeutic settings.
A similar training in the supervisory context was also recommended in order to implement the organizational change necessary to implement the practices.

This training indicated providers’ interest in continuing their education of race and cultural humility in their work.
Discussing issues in race and culture in therapeutic settings is more important than ever as today’s climate calls for culturally responsive and aware treatment.

Key Takeaway
Provided CTAC with insight towards what future offerings regarding culture and race would be beneficial to behavioral health providers and staff.