



Diversity and Multicultural Track *(All times in Eastern Daylight Time)*

Monday, June 14, 2021

12:00 – 4:00 PM Pre-Conference Training Session (Additional Ticket Required)

Diversity and Multicultural Pre-Conference

Presented by TBD

More information coming soon!

Wednesday, June 16, 2021

11:30A – 3:30 PM Two-Part Session (Break from 1:00 – 1:30 PM)

Disordered Eating and Body Positivity: An Intersectional Approach

Presented by Lori Kucharski, PhD, LMFT-S, LPC, CEDS-S

A weight, body, and ability-inclusive approach has been demonstrated to be most effective in treating disordered eating and increasing body neutrality or positivity (Bacon et al., 2005; Bacon & Aphramor, 2001; Penney & Kirk, 2015; Tylka et al., 2014). Weight stigma and fat phobia have etiology in racism and religion (Bell, 2019; Campos et al., 2006; Griffith, 2004). In the desire to achieve perfection, redemption, or superiority, diet culture has continually increased a following in promoting changing one's body to fit into an idealized view of acceptability, further promoting discrimination and ableism. The solution is very complex. Clinicians can facilitate micro-and-macro-levels of change by confronting systemic racism, ableism, and stigma. Body-neutral-or-positive approaches and organizations (e.g., Health at Every Size; ASDAH) provide frameworks for assisting clients in meeting health-and-healing-oriented goals from an intersectional, equitable approach. This presentation will assist clinicians in assessing, diagnosing, and treating disordered eating and body image concerns from an inclusive approach. Participants will gain skills for ethical application of eating-disorder-levels of care in working from an intersectional approach (e.g., increasing awareness of own privilege and resource-related matters when working with individuals who have experienced discrimination). We will confront our own internalized biases as we work to create a safe space for all clients and individuals to feel safer and more accepted in their own bodies. From an intersectional approach, this may be utilized with clients of color, various levels of ability, and members of LGBTQ+ communities.



Friday, June 18, 2021

12:00 – 1:00 PM Breakout Session Number 1

Mentoring as a Supervision Technique

Presented by Daniel B. Amparbeng, M. Ed, LPC, NCC & Yegan Pillay, LPCC-S & Brandon Tomlinson, LPC (OH), NCC

There has been an increased number of international students attending universities in the United States, which has resulted in a growing number of international students in counseling programs. Cultural differences necessitate culturally appropriate supervision models for counselors and supervisors to utilize when working with international students. The presenters will identify and delineate the challenges and unique supervision needs of international counseling students and highlights the importance of mentoring as a culturally appropriate complementary supervision technique when supervising international counseling students. The presenters propose the inclusion of mentoring with Bernard's discrimination model of supervision as a strategy to enhance the counseling skills of international students.

Monday, June 21, 2021

4:00 – 5:30 PM Breakout Session Number 3

Are We Really Helping? Counseling Diverse Clients with Eating Disorders

Presented by Paula Edwards-Gayfield, LCMHCS, LPC, CEDS-S

Emotional disorders can develop as a response to repeated exposure to messages and life stressors that Black, Indigenous, People of Color (BIPOC) may experience. These stressors may be the result of societal, cultural, economic or familial messages or occurrences. As a result, a growing number of BIPOC individuals are seeking mental health resources to help them address eating disorders and co-occurring mental health issues. Considering the increasing recognition of the impact of systemic racism and associated historical/intergenerational trauma, many professionals are recognizing the need to heighten their cultural competency. Training and supervision of most mental health professionals does not include an understanding of the cultural underpinnings that impact the lived experiences of BIPOC individuals. These experiences include, and are often influenced by historical experiences of, discrimination, racism, colorism, and microaggressions. The lifetime accumulation of microaggressions amongst BIPOC individuals helps to define marginalized experiences. Explaining or communicating this to individuals that do not share their identity is difficult. This presentation offers an opportunity for providers to increase their cultural competence.



Tuesday, June 22, 2021

12:00 – 1:00 PM Breakout Session Number 1

Mental Health Issues Impacting Disparate Birth Outcomes Among Black Women

Presented by Shoshanah B. Yehudah, LCPC, PMH-C, NCC, CCMHC

Stress, depression, and anxiety are associated with infant low birth weight (LBW) and preterm births (PTB), the leading causes of infant mortality in the U.S. (Dunkel Schetter & Tanner, 2012). Black women are two to three times more likely to experience these adverse birth outcomes (Ely & Driscoll, 2019). Empirical evidence suggests that Black women's distinct social-cultural experiences yield a complex interaction of social and psychological risk factors that increase their vulnerability to mental illness and associated birth outcomes (Giurgescu et al., 2013). However, Black women remain the least likely to receive perinatal mental health treatment. Given the effects of perinatal mood and anxiety disorders on birth outcomes, identification and treatment of mental illness during pregnancy is imperative. This presentation will provide an overview of risk factors for poor perinatal mental health among Black women. Implications for counseling assessment, practice, and advocacy will also be discussed.

1:30 – 2:45 PM Breakout Session Number 2

Being Mindful Behind Bars: Effective Approaches for Incarcerated Clients

Presented by Sara Pickett, M.A., M.Ed., LPCC

Research studies have shown that dozens of various mental health interventions have been implemented within prisons throughout the country, and their varying levels of efficacy on improving mental health outcomes for prisoners have been demonstrated. One such mental health category is mindfulness and the plethora of interventions which fall under this term. Although this alternative approach to mental health treatment might initially seem out of place in American prisons, various studies on the usage of mindfulness practices by male and female prisoners has shown surprisingly positive results. In fact, while many types of other mental health interventions have had a limited amount of positive effects on incarcerated populations, the use of various mindfulness interventions by prisoners have shown consistently good results and outcomes (White & Whiteford, 2006; Lemov, 2015; Riley, Smith, & Baigent, 2019). This presentation will first explain various ways in which incarceration negatively effects inmates' mental and physical health, and why clinicians should be particularly aware of the mental health needs of this population of clients. The presenter will then explain how and why various mindfulness approaches can treat incarcerated individuals in significantly effective ways. Finally, the presenter will welcome audience members to share their research and experiences on this topic in order to further the dialogue and share specific strategies on this topic.



Thursday, June 24, 2021

4:00 – 5:30 PM Breakout Session Number 3

Vulnerability in Supervisory Relationships: An Ethical Imperative

Presented by Matthew R. Shupp, Ed.D., NCC, BC-TMH, ACS, LPC

Staff retention is becoming increasingly important in a field where expectations and responsibilities are becoming increasingly more demanding. Counseling literature and research consistently identify supervision as one factor in the retention and satisfaction of staff, both positively and negatively. Despite the extensive research on best practices in supervision, especially for new professionals, very few theoretical models of supervision exist within the field and even fewer models specifically consider multicultural competence as a foundation for effective supervision. A new and intentional approach to supervision that models the values of inclusion is critical for the retention of professionals at all levels, is critical to the continued development of staff beyond professional preparation programs and is critical for creating a profession that espouses a philosophy of inclusion. This session will introduce the inclusive supervision model, an innovative approach to supervision that seeks to align our professional values of multicultural competence with our professional practice. It reflects the important values of our profession and provides a framework through which professionals can evaluate supervision practice and consider specific actions to enhance one's own capacity for enacting the four tenets of inclusive supervision which are: creating safe spaces, demonstrating vulnerability, cultivating holistic development, and building capacity in others. The inclusive supervision model is a result of almost 5 years of research examining multicultural competence in the context of supervision.

Friday, June 25, 2021

12:00 – 1:15 PM Breakout Session Number 1

Growing Pains: Understanding Parentification and Cultural Implications

Presented by Valerie Kuykendall-Rogers, LPC-S & Aisha Davis, LPC Associate & Tina Thomas, LPC Associate

Childhood parentification has been reported to have enduring effects on psychological, relational, and physical functioning across the life span. Given the negative outcomes and behaviors associated with parentification, clinicians tend to engage unwittingly in acts of iatrogenesis, which can lead to a tendency to pathologize behaviors that may be within the norm of various racial and ethnic communities. This workshop provides participants with ways to improve cultural competency and awareness by identifying signs and symptoms common with parentification all within racial, ethnic context as well as socioeconomic status. Moreover, this workshop will delve briefly into insights from other clinicians and researchers who have worked with or studied parentification. Following a brief review of the research and literature, suggestions regarding practice efforts directed toward clients who have experienced parentification and its cultural implications will be proffered.