



EMPOWERED LIVING SERIES:
A Culturally-Informed, Strengths-based CBT Approach

AGENDA

Helping Clients of Color Strengthen Their Emotional Wellness

Friday, November 1, 2024 | 12:00 - 2:00pm

Remote via Zoom

12:00 - 12:10pm	Review scope of the Empowered Living series & this webinar's agenda
12:10 - 12:45pm	Using mindfulness and self-compassion to notice the emotional impacts of cultural stress
12:45 - 1:15pm	Helping clients identify their most empowered responses when experiencing strong and uncomfortable emotions
1:15 - 1:30pm	Helping clients establish and maintain wellness promoting routines – even when faced with culturally stressful experiences
1:30 - 1:50pm	Case discussion & Skill application
1:50 - 2:00pm	Wrap-Up and Q&A



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Full attendance is required to received continuing education credit.

Ryan C.T. DeLapp, PhD has financial relationships with commercial interests to disclose:

Ryan DeLapp is the author of *Empower Yourself Against Racial And Cultural Stress Using Skills From the REACH Program To Cope, Heal, And Thrive* and receives proceeds from all book sales.