



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

AGENDA

Helping Clients of Color Discover Their Sense of Agency and Control

Friday, December 6, 2024 | 12:00 - 2:00pm

Remote via Zoom

12:00 - 12:15pm	Review scope of the Empowered Living series & this webinar's agenda
12:15 - 12:45pm	Using mindfulness and self-compassion to explore a client's sense of agency and control within their daily lives
12:45 - 1:15pm	Helping clients identify ways to create an environment that is most supportive of their goals and self-expression
1:15 - 1:30pm	Helping clients identify meaningful goals they can pursue - particularly when culturally stressful experiences persist in their surroundings
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 receive 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.