



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

AGENDA

Helping Clients of Color Confidently Express Themselves

Friday, January 10, 2025 | 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 thoughts and feelings towards their racial and cultural backgrounds
12:45 - 1:10pm	Helping clients express themselves in ways that promote positive and affirming thoughts towards their backgrounds
1:10 - 1:30pm	Helping clients protect themselves from negative and critical social messages about their racial and cultural backgrounds
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.