

## Addressing Racial and Cultural Differences in Therapeutic Settings

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### Overview

#### The Training

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



**55 behavioral health providers**

#### Key Takeaway

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

### 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.