

# Using the Cultural Humility and Intersectionality frameworks with LGBTQIA+ Clients of Color

## **Program Description**

As mental health professionals, we are called to create secure containers for each client we meet for treatment regardless of cultural and identity differences. However, we miss the mark due to our humanness and our internalizations of systems of domination and oppression. Thus, we create empathic failures and therapeutic disruptions along the lines of identity and culture. These gaps are especially concerning the mental health treatment of LGBTQIA+ clients of color, who, due to inhabiting multiple socially oppressed identities, often face higher rates of mood disorders, along with other social challenges when compared to their counterparts.

In this workshop, we will utilize the cultural humility and intersectionality frameworks to guide our work in re-humanizing and building a better working alliance with our LGBTQIA+ Clients of Color. Consequently, realizing our commitment to diminish the structural and clinical gaps. During this workshop, learning activities will consist of group discussion, critical reflection, and case studies.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Define cultural humility and intersectionality and identify how these frameworks can be applied to psychotherapy with LGBTQIA+ clients of color.
2. List ways to take a culturally humble approach within the therapeutic relationships with LGBTQIA+ clients of color.
3. Identify ways that mental health systems and providers can address power imbalances between providers and the LGBTQIA+ community.

## **Target Audience**

This workshop will be beneficial to social workers, counselors, mental health and health care providers, case managers, human service workers, and anyone who is interested in the topic.

## **Contact Hours**

3.0 contact hours

## **Program Agenda**

9:00 AM to 10:30 AM	Introduction to Cultural Humility and Intersectionality
10:30 AM to 10:45 AM	Break
10:45 AM to 11:45 AM	LGBTQIA+ Mental Health and Health Disparities
11:45 AM to 12 NOON	Break
12:30 PM to 1:30 PM	Application, Case Studies, Discussion, and Q and A
1:30 PM	Adjourn

## **Faculty**

**Hayden Dawes, PhD, LCSW, LCAS**, has been a professional public speaker and consultant since 2014. He provides dynamic continuing education seminars on race and racism, sexual orientation, and gender identity within mental health practice and self-care practices while working in mental health and healthcare settings. After years of providing mental health treatment to diverse populations in various settings, including inpatient, outpatient, and the community, Dawes earned a PhD at the UNC-Chapel Hill School of Social Work, teaching practice and research courses. — His practice experience includes hospital work, mental health, addiction treatment, legal systems, and private practice. His years of clinical experience, especially serving people of color and LGBTQIA+ folks, inform his teaching and research. In his research, Dawes examines the psychosocial challenges that impact people of color and LGBTQIA+ individuals while also developing interventions to address those challenges. Regarding leadership, he has served as communications chair of the board of directors and vice president of the North Carolina Society for Clinical Social Work. He is currently a board member of the American Academy of Psychotherapists. Hayden is currently on faculty at Byrn Mawr College's Graduate School of Social Work and Social Research.