



Northern Virginia Clinical Psychologists (NVCP)
Continuing Education Program Presents:

***Overcoming the Internal Barriers to Integrating Sociocultural
Sensitivity and Engagement in Clinical Work***

Presenters: Patrice A. Alvarado, Ph.D. & Scott Kryzstofiak, Psy.D.
Attendees Receive 3 CEs

Date/Time: Friday, October 27, 2023; 11:00 am - 4:00 pm

Place: Maggiano's Little Italy at Tysons II Galleria
2001 International Drive, McLean, Virginia 22102 (Phone 703-356-9000)

Cost: \$60.00 for NVCP Members / \$120.00 for non-NVCP Members / \$30.00 for Clinical Students with student ID

Menu: Family style luncheon with meat and vegetarian selections (included with registration)

Program Schedule:	11:00 am - 11:30 am	Registration, Meet & Greet
	11:30 am - 1:00 pm	Lunch, Networking, Announcements
	1:00 pm - 4:00 pm	CE Training

Registration: Deadline to register is 10/23/23. See instructions below for registering through VACP.

Program Overview:

The importance of cultural competence by integrating sociocultural awareness and sensitivity in our clinical work is widely recognized. Therapists almost universally hold strong values of equity and inclusion and strive to manifest them in both their personal and professional lives. However, it is the very strength of these principles that can create barriers to fully immersing oneself in the process of learning, evolving, and applying these insights. We have grown up and live within a societal context characterized by various forms of bias and inequality. Encountering these oppressive realities in their many forms in the outer world as well as the unavoidable biases and blind spots in our own inner worlds bring a myriad of strong emotional reactions including helplessness, anger, and shame. Fear of offending or causing harm can also be part of this emotional reaction.



Research has consistently affirmed that cultural competence directly correlates with therapist effectiveness, emphasizing that this skill set is indispensable for establishing the therapeutic relationship essential for change and growth to occur. Moreover, recent research in the field of neuroscience, along with contributions from one of the presenters and many others, are pointing the way to diversity work that is self-compassionate, sensitive and attuned to others, and actively engaged. In this workshop we will explore the internal barriers to addressing sociocultural issues in clinical work, using research on aversive emotions and self-compassion. Experiential exercises and learning will be utilized to help therapists recognize and overcome these barriers. Information will be provided on current findings regarding the what, how, and why adopting a sociocultural framework is essential to psychotherapy practice, as well as recent information on what clients' needs are in these areas. Finally, strategies to effectively integrate sociocultural awareness and understanding in our work will be addressed.

Learning Objectives:

By the end of this workshop participants will be able to:

1. Identify the internal barriers to addressing sociocultural issues in our work and in our lives, using current research on shame and self-compassion.
2. Describe the research on why creating frameworks that are compassionate, sensitive, and engaged around sociocultural issues is essential in our work with clients.
3. Use techniques for overcoming internal barriers to adopting a sociocultural, contextual framework in our clinical work.
4. Demonstrate how to assess the specific needs clients may have in addressing these issues for effective therapy.
5. Implement strategies for integrating effective sociocultural sensitivity and engagement in clinical work.

Speaker Bios:

Patrice A. Alvarado, Ph.D. is a licensed clinical psychologist in private practice in Manassas, VA. She was a full-time professor in the clinical psychology doctoral program at the American School of Professional Psychology from 2000 to 2013. Dr. Alvarado has presented several programs on incorporating the multicultural perspective in psychotherapy and in supervision, including presentations of original research on the effects of mindfulness integration in cultural sensitivity training on the development of sociocultural empathy. Dr. Alvarado is currently running group programs for teens and adults using mindfulness-based and cognitive behavioral modalities and is teaching family systems theory at the Chicago School for Professional Psychology, Washington DC campus.



Scott Kryzstofiak, Psy.D. is a licensed clinical psychologist who works at a group practice in Alexandria, VA. He obtained his doctoral degree in Clinical Psychology from the American School of Professional Psychology at Argosy University, Washington DC in 2011. Dr. Kryzstofiak also obtained his Master's degree in Counseling Psychology from Towson University in 2006. He works primarily with adults, providing psychotherapy and psychological assessments. Dr. Kryzstofiak uses cognitive-behavioral therapy to help clients experiencing anxiety, depression, adjustment problems, relationship issues, and grief. While he has worked with various populations, a significant part of his clinical work has focused on the LGBTQ+ community. In the past, Dr. Kryzstofiak taught at the undergraduate and graduate levels. He presently serves as the Diversity Chair for Northern Virginia Clinical Psychologists.

Registration Information:

Registration for this program will be processed through Virginia Academy of Clinical Psychologists (VACP). The deadline for registration is 10/23/23. Please note that VACP is approved to provide 3 CEs for Virginia licensed clinical psychologists. Other licensing bodies may or may not accept VACP CEs. Participants must be present through the entire 1:00 pm - 4:00 pm presentation in order to receive CE credits; partial CE credit is not provided for late arrivals or early departures. For your awareness, parts of the presentations may be recorded.

Instructions:

1. Click or paste this link: <https://www.vapsych.org/nvcp-1027>
2. Sign in to your VACP account, or create an account as a new user
3. Complete information, select membership category, and pay your registration fee
4. Direct any questions about registration to: vacpoffice@gmail.com
5. Your CE certificate will be sent via email following the event

Northern Virginia Clinical Psychologists (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. It is the largest regional academy of psychologists in Virginia and provides training and networking opportunities for its members. NVCP hosts CE events, quarterly newsletters, social gatherings, message board forums, and a psychologist referral resource. For more information about NVCP or ways you can become involved, please contact Laurentia Ruby, Psy.D. at laurentia.ruby@verizon.net, call 703-839-2523, or visit our website at <https://www.vapsych.org/nvcp-home>. For questions about this program, or to suggest topics and presenters for future programs, please email the NVCP Vice President & CE Chair, Mike Schaub, Ph.D. at NVCPCEChair@gmail.com.



NVCP COVID-19 Statement

Registrants who test positive for COVID or have COVID symptoms are asked not to attend the event. Contact Mike Schaub at nvcpcechair@gmail.com to receive a registration fee credit that may be applied to a future CE. Registrants who have been exposed to COVID but test negative and are not showing symptoms are asked to wear a mask during the event.

COVID-19 RELEASE & HOLD HARMLESS AGREEMENT: By registering and attending a Northern Virginia Clinical Psychologists (NVCP) event/meeting you acknowledge that there is an unknown risk of exposure to COVID-19 through exposure to contaminated objects, as well as through personal contact. Such exposure carries with it a certain degree of risk that could result in illness, disability or death. You agree to release and hold harmless NVCP, its staff, officers, and vendors from and against all claims of damages and liability resulting from exposure to COVID-19. Registrants/Attendees also warrant they are following all CDC guidelines. Northern Virginia Clinical Psychologists claims no liability for the acts of any attendee, supplier or speaker at this meeting or for the safety of any attendee while in transit to, from, or during this meeting. Northern Virginia Clinical Psychologists reserves the right to cancel this function and/or individual courses without penalty. The total amount of liability to the Conference will be limited to a refund of fees paid by the attendee.