

# Culturally-Informed Clinical Outreach: Methods, Ethics, and Research Abuse

Working with a diverse ethnic population requires clinicians who can appreciate unique differences in culture as well as psychopathology arising from experiences of stigma and oppression. Further, it is imperative that individuals from underrepresented groups be equitably represented in mental care settings and research studies. Equitable representation is needed to ensure that research findings are generalizable to all populations. Cultural, economic, and logistic barriers can deter people from disadvantaged racial and ethnic groups from seeking treatment or participating in mental health research, and can also deter clinicians from including them. This presentation describes steps mental health clinicians can take to increase inclusion of people in minoritized groups. Important strategies include formal training in cultural differences, development of multi-cultural awareness, diversification of treatment teams, community outreach, professional networking, targeted advertising, a comfortable environment, and ongoing review of efforts. Also included is an overview of research abuses against vulnerable populations which has eroded trust between communities of color and the medical establishment. Dr. Williams will speak to these issues based on the research literature, her work starting mental health clinics throughout the US, and her experience as a principal investigator in studies recruiting hard-to-reach racialized participants for mental health studies. This course is for anyone seeking to recruit more diverse individuals, implement inclusive research studies, attend to cultural considerations in the process of interventions, and/or incorporate critical ethical principles into clinical procedures.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the ethical importance of diversity in mental health research
2. Identify barriers to inclusion of disadvantaged racial and ethnic groups
3. Describe research abuses against racialized groups internationally
4. Implement key methods for effective outreach to diverse clients
5. Implement processes for retaining diverse clients

## Seminar Schedule

Typically begins at 1:00 PM and ends at 4:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 1 PM ET

The importance of equitable representation

Cultural barriers

Economic barriers

Logistical barriers

Break 2:30-2:45 PM ET

Increasing inclusion

Cultural training

Multi-cultural awareness

Diversifying treatment teams

Community outreach

Professional networking

Targeted advertising

Historical abuses and the erosion of trust

End 4:15 PM ET

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Monnica Williams, Ph.D., is the Canada Research Chair for Mental Health Disparities at the University of Ottawa, where she conducts psychological research, mentors students, and teaches advanced courses in multicultural psychology and psychopathology. She completed her undergraduate work at MIT and UCLA, and received her doctoral degree from the University of Virginia. Dr. Williams was an Assistant Professor at the University of Pennsylvania School of Medicine in the Department of Psychiatry for over four years, where she worked with Dr. Edna Foa at the Center for the Treatment and Study of Anxiety before her move to the University of Louisville in 2011, where she served as the Director for the Center for Mental Health Disparities. She also worked at the University of Connecticut for 4 years, where she had joint appointments in the Department of Psychological Science and Psychiatry.

Dr. Williams has presented at many scientific conferences and is a much sought after speaker. She has published over 100 peer-reviewed articles and book chapters focused on anxiety disorders and cultural differences. She has been the principal investigator on several grant-funded research projects, and has served as a peer reviewer for over 20 different journals.

Dr. Williams is a licensed psychologist in the United States and Canada. She is the Clinical Director of the Behavioral Wellness Counseling Center, which has offices in Tolland, Connecticut. She treats adults with anxiety disorders and provides clinical instruction to trainees. In the community, she conducts trainings and lecture for medical residents, local organizations, and treatment providers. She was president-elect of the Delaware Valley Association of Black Psychologists, co-founded the International OCD Foundation's Diversity Advisory Board, and serves on the board of directors for the Chacruna Institute.

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Tzkseminars  
6030 Daybreak Circle, Suite A150/355  
Clarksville, Md. 21029