Overall summary and relevance to conference theme:
The American Psychological Association released updated multicultural guidelines in 2017 calling for professionals in psychology to engage in purposeful self-reflection around aspects of cultural identity, intersectionality, and social context. Practicing pediatric psychologists working within multidisciplinary teams must acknowledge themselves as cultural beings with attitudes, beliefs, and personal histories that may influence clinical care, teaching, supervision, and research. This 150-minute advanced interactive, skill-building workshop will feature experiential activities and discussions around cultural identity, bias, privilege, and power discrepancies. Health disparities literature and frameworks for understanding aspects of cultural identity will be reviewed. Interactive exercises exploring identity, bias, and microaggressions will inform discussions of cultural humility, cultural reactivity, and salient clinical case examples.

To orient participants and prepare them to engage fully with experiential exercises, literature about how cultural factors and implicit biases can impact medical outcomes will be presented. Frameworks for understanding salient aspects of one’s own personal cultural identity will also be briefly reviewed (e.g., the modified ADDRESSING framework from Hays, 2001). Participants will engage in small group exercises exploring intersectionality of cultural aspects of identity, and presenters will share case examples to facilitate further discussion. Using personal technology (e.g., smart phones, tablets, or laptops), participants will complete experiential activities exploring bias and privilege. Finally, presenters will facilitate small group discussions where participants will discuss microaggressions and cultural reactivity. Self-compassion and management strategies for cultural reactivity will be examined, and participants will be encouraged to discuss relevant case examples. Skills of monitoring reactivity and consulting others will be emphasized. Presenters will share tips for envisioning and creating a culturally competent multidisciplinary team or healthcare system.

Based on the content of this talk, participants will be able to:
1. Explore and discuss the ways that their perceived identities might influence patient or team engagement, rapport, or provider reactivity.
2. Develop/refine language that can be used with various families/teams to reduce potential barriers to engagement including prejudice, bias, racism, and discrimination.
3. Describe the impacts of power/privilege, bias, and microaggressions/microinvalidations on clinical care, team dynamics, and personal well-being.

Target Learner Level: Intermediate
Registration cap: 30 attendees

Presenters: Roger Harrison, PhD, and Colleen Cullinan, PhD

Roger Harrison, Ph.D. is a Clinical Assistant Professor of Pediatrics at the Sidney Kimmel Medical College of Thomas Jefferson University and a pediatric psychologist in the Division of Behavioral Health at Nemours/Alfred I. DuPont Hospital for Children, where he serves on the division’s diversity committee. Dr. Harrison also serves as the diversity representative for the Delaware Psychological Association.

Colleen Cullinan, Ph.D. is a Clinical Assistant Professor of Pediatrics at the Sidney Kimmel Medical College of Thomas Jefferson University and a pediatric psychologist in the Division of Behavioral Health at Nemours/Alfred I. DuPont Hospital for Children, where she serves on the division’s diversity committee. Dr. Cullinan also directs the division’s efforts in medical education.
COI Statement: None.

Session Date/Time: Thursday, March 19th, 8:00am-10:30am

The Society of Pediatric Psychology (Division 54 of the American Psychological Association) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Society of Pediatric Psychology maintains responsibility for this program and its contents.