



A HEALING PARADIGM

ENVISION | MANIFEST | EXPERIENCE

Culturally Responsive Methods for Assessing Complex Trauma in Adults

This dynamic workshop provides culturally responsive methods for assessing and treating complex trauma in adults. Through the use of a semi-structured interview process, methods for identifying hidden aspects of sexual, physical, verbal abuse and neglect are identified. Interactive case studies (of fictional clients) are presented and highlight examples in which the trauma is not assessed and the client is mis-diagnosed. An intersectional view of culture is utilized in which cases are drawn from a variety of age, gender, ethnic, and socio-economic backgrounds. This advanced workshop is designed for individuals in clinical practice who regularly assess and treat patients with complex trauma histories. The methods utilized include didactic presentation of material, case studies, and experiential practice. Sample handouts are provided and suggestions for adaptations in brief and integrated health care settings are discussed based upon audience interaction.

OBJECTIVES

As a result of participating in this activity, learners will be able to:

1. Describe methods for assessing the hidden aspects of sexual, physical, verbal abuse and neglect.
2. Utilize semi-structured assessment techniques to conduct a culturally responsive trauma assessment with adult clients.
3. Explain methods for adapting the assessment techniques within brief and integrated health care settings.
4. Utilize culturally appropriate treatment methodologies when treating adults with complex trauma histories.

ADDRESSING DIVERSITY

This presentation addresses cultural intersections of ethnicity, gender, and socio-economic status with regard to adult clients. Assessment techniques include specific methods for distinguishing the unique challenges associated with utilizing an intersectional approach to culture. For example, the audience will learn semi-structured techniques that consider points of difference and commonality when assessing a woman from a middle income family versus a man of a working poor family.

METHODOLOGY

Considering adult learning theory and the methods in which people process information, Dr. Ojelade proposes a multi-tiered approach that addresses all learning styles.

1. Pre-session Call



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Dr. Ojelade recommends a pre-event conference call with key stakeholders to better understand the needs of the participants, desired outcomes, and any additional proposed activities that have potential to enhance learning for the group.

2. Optional Reading

Attendees can elect to do pre-event reading which includes the following texts:

- Hill, J. S., Lau, M. Y., & Sue, D. W. (2010). Integrating trauma psychology and cultural psychology: Indigenous perspectives on theory, research, and practice. *Traumatology*, 16, 39-47.
- Mattar, S. (2010). Cultural considerations in trauma psychology education, research, and training. *Traumatology: An International Journal*, 16, 48-52.

3. Presentation Day

Delivery of the content session is designed to maximize attendee engagement and offer concrete information that can be immediately implemented. Thus, Dr. Ojelade delivers her presentations ensuring that each attendee has the opportunity to see, hear, and practice their newly acquired skill set through the following methods:

- a. Didactic Engagement – mixed media examples are utilized to demonstrate concepts through the use of dynamic graphics and videos when appropriate. Dr. Ojelade does not use traditional PowerPoint methods, but instead creates a highly visual and interactive experience for attendees.
- b. Experiential Learning – attendees will be guided through multiple activities designed to concretely demonstrate a concept described during the didactic portion of this workshop.

4. Post-Conference Follow Up for Attendees

- Accountability follow-up – To assist attendees in meeting, revising, and achieving their goals, optional group and individual sessions can be scheduled.

OPTIONS

Option 1 – One Hour Workshop

This option includes:

- A single conference call with key stakeholders.
- A single one-hour workshop

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 2 – ½ Day Workshop



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This option includes:

- A single conference call with key stakeholders.
- A single ½ day workshop for a maximum of 4 hours.

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 3 – Full Day Workshop

This option includes:

- A single conference call with key stakeholders.
- A single full day workshop for a maximum of 5 hours.

The workshop covers the elements listed above in the objectives section and includes additional activities as noted during the conference call to ensure that the specific needs of attendees are met.

Option 4 | Add-On | Individual Coaching

This option provides attendees with two individual supervision sessions for up to 30 minutes in length. Supervision can be completed with either a pre and post workshop session or with both sessions occurring after the event. Coaching can take place in one of the following formats:

- FaceTime – For users of Apple products, Dr. Ojelade is able to schedule 30 minute coaching sessions that enable visual interaction during the session.
- Google Hangouts –Dr. Ojelade is able to schedule 30 minute coaching sessions that enable visual interaction during the session.
- In-office visit – attendees are scheduled for a 30 minute coaching session in the office of Dr. Ojelade located in Downtown Historic College Park, Georgia.
- Phone Conference Call – This option is the least optimal, yet designed to accommodate the busy schedules of attendees.

The goal of individual coaching sessions is to assist attendees in evaluating their use of assessment and intervention strategies taught during the session. Dr. Ojelade reviews key concepts and provides feedback on clinical cases.

Option 5 | Add-On | Quarterly Accountability Calls

This option provides attendees with the ability to participate in four 1-hour accountability conference calls scheduled quarterly. These sessions can take place in one of the following formats:

- Google Hangouts –Dr. Ojelade is able to schedule 60 minute group accountability sessions, enabling visual interaction during the session.
- Phone Conference Call – This option is the least optimal, yet designed to accommodate the busy schedules of attendees. A conference call is scheduled by Dr. Ojelade who provides all attendees the dial-in information.



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