



Optimal Conceptual Theory and Belief Systems Analysis A Culturally Specific Clinical and Prevention Approach

The certification program consists of 6 didactic/experiential workshops, consultation and supervision as needed, and access to webinars and resources.

This program consists of 12-points of contact over a 6-month period (6 didactic/experiential workshops and 6 consultation/supervision contacts).

Course Objectives:

- Participants will increase their knowledge of Belief Systems Analysis (BSA)
- Participants will learn how to apply and translate BSA principles and interventions in prevention programming and clinical settings.
- Increase awareness, knowledge, and skills by applying culturally specific therapy and interventions.
- Participants will increase their knowledge of Optimal Conceptual Theory
- Participants will learn how to apply and conceptualize cases from an Optimal Conceptual Theory framework and apply them in a therapeutic setting.
- Increase awareness, knowledge, and skills by applying the culturally specific assessment and interventions in prevention and clinical programming.

I. Didactic/Experiential Workshops (3hrs per session)

- a. Deconstruction of Western Psychology
- b. Oppression
 1. Historical Injuries/The Black Experience
- c. Worldview/Racial Identity
- d. Optimal Conceptual Theory
 1. Application
- e. Belief Systems Analysis
 1. Clinical practice
 2. Prevention
- f. Assessments & Measuring Outcomes

II. Consultation/Supervision Sessions (1hr per session)

III. Access to webinars /resources