

Experiential Workshops

The following experiential workshops were presented by Gargi Roysircar and Clinical Psychology SERD students at the Winter Roundtable of Teachers College, Columbia University in 2010, 2011, and 2012.

Interviews with Culturally Diverse Individuals: A Live Training Model in Multicultural Counseling Competence

Abstract: The workshop will make available culturally diverse individuals as interviewees. The interviewees will present issues related to their multicultural or diversity experiences. The training will include interview experience, assessment procedures, reflecting team discussions, and supervisory feedback. This process will enable trainees to increase their cultural self-awareness, in addition to understanding specific ways to implement the recent APA Multicultural Guidelines. The workshop is relevant for predoctoral interns, postdoctoral interns, psychologists, mental health professionals, and graduate students in professional psychology and mental health services.

Read the full details of the [Interviews with Culturally Diverse Individuals: A Live Training Model in Multicultural Counseling Competence workshop](#)

Developing Multicultural Awareness: Using Stories to Transcend Cultural Boundaries Workshop

Abstract: Discussion of cross-cultural myths can increase multicultural awareness. There will be storytelling of five myths (Korean, Native American, European American, Polish, and Indian). Objectives include transcending cultural boundaries and bringing knowledge of culture to life through reflections in small groups on these cross-cultural stories and subsequent development of personalized myths.

Read the full details of the [Developing Multicultural Awareness: Using Stories to Transcend Cultural Boundaries Workshop](#)

Adjective Collections: Exploring Biases and Increasing Awareness of Asian American Parenting and Parent-Child Relationships

Abstract: This is a workshop, accompanied with research a presentation, on Asian American parenting and relationships between Asian American parents and their children. The experiential activity, called, Adjective Collections, will help participants become aware of their biases regarding parenting. It will also inform them about viewpoints that many Asian Americans hold on parenting and their relationships with their children. The book, *Battle Hymn of the Tiger Mother* (Chua, 2011), will be referenced as a starting point for the potential differences between Asian American and typical American parenting.

Read the full details of the [Adjective Collections: Exploring Biases and Increasing Awareness of Asian American Parenting and Parent-Child Relationships workshop](#)

The Token Game: Developing Awareness of Power in Social Systems

See the [Token Game Presentation](#)

Self-Care for Disaster Response Workers and Caregivers

See the [Self-Care Summary](#)