



# Culturally Relevant Engagement Interviewing

## DESCRIPTION

This session will provide an overview of a single session intervention using tools from motivational interviewing, ethnographic interviewing, and psychoeducation that was developed to increase engagement and participation in mental health services in populations where utilization and completion of services has traditionally been low. This intervention was designed to be culturally relevant and safe for clients from any cultural background. The aim of the intervention is to help the client and clinician partner to address barriers and concerns the client may have related to entering treatment for psychiatric illnesses. This intervention has been tested in diverse populations of pregnant women, pregnant adolescents, and older adults presenting with mood, anxiety, and trauma related disorders. It has been shown to increase initial engagement as well as retention and completion of brief mental health services.

## OBJECTIVES

*Upon completion of this program, the participant should be able to:*

1. Identify and utilize techniques of ethnographic interviewing, motivational interviewing and psychoeducation that are helpful in engaging clients from diverse cultural backgrounds.
2. Apply the techniques of the intervention to partner with and increase client's engagement and retention in mental health services.
3. Identify how cultural stereotyping can create barriers to engagement and retention of clients in mental health services.
4. Recall, identify, and address practical, psychological, and cultural barriers to care for individual clients.

## TARGET AUDIENCE

Counselors & Therapists, Nurses, Social Workers, and any other interested healthcare professionals

## FEE

Free to all Participants

## CREDIT

**AHEC:** This program is approved for 0.375 CEU's (3.75.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

**Counselors and Therapists:** This program is approved for 3.75 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Nursing:** Pee Dee Area Health Education Center is an approved provider of continuing nursing education by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This nursing continuing education awards 3.75 contact hours upon successful completion.

CE approval refers only to CE activities and does not imply SCNA or Pee Dee AHEC endorsement of any commercial product.

**Social Workers:** Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 3.75 hours of social work credit hours.

## INSTRUCTOR

**Sarah E. "Betsy" Bledsoe, PhD, MPhil, MSW**  
Associate Professor  
University of North Carolina, Chapel Hill  
School of Social Work

Dr. Bledsoe is an associate professor of social work at the University of North Carolina School of Social Work where she teaches graduate courses on child, adolescent, and adult mental health, psychotherapy, and research methods. She received a B.A. in psychology from the University of Tennessee, a MSW from the University of Pittsburgh School of Social Work, and a MPhil and doctorate from Columbia University School of Social Work where she was an NIMH Fellow in mental health services research. Dr. Bledsoe has over 20 years of research and practice experience in maternal mental health with a focus on perinatal mental health, depression, anxiety, and trauma. Dr. Bledsoe lives in Chapel Hill, NC with her three children, Josie, Leo, and Jupiter.

Thursday,  
September 30, 2021

9:00 am - 1:00 pm Webinar

Webinar via WebEx

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below or use the following link:

<https://www.scahec.net/learn/programs>



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