

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FRIDAY FORUM ENCORE

Friday, February 11, 2022

African American Adolescents: Building Resilience and Self-Efficacy

Willie Garrett, Ed.D, M.S., LP. CAEP

Program:

9:00 a.m. – 12:00 p.m.

*Introductory: Assumes post-doctoral education status
and limited familiarity with topic.*

Location:

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

ABOUT THE PROGRAM:

This program qualifies for 3.0 continuing education credits.

Adolescence is a critical developmental stage that is necessary for a healthy adult adjustment. African American adolescents have tremendous potential for success in adulthood but are derailed by disruptive developmental experiences. Many of the teens and their families lack the resources and strategies to buffer the effects of negative emotional experiences; and the consequence is underachievement, substance abuse, and integrating dysfunctional behaviors. Therapists are often puzzled by the protective behaviors that black teens have adapted to cope and survive in systems that do not value their abilities and rights. This presentation will explore the psychological world of black adolescents and ways to help them achieve success.

Participants will be able to:

1. Describe demographics on black adolescents
2. Describe disruptors into the disruptors of adolescent development
3. Explain the impact of chronic stressors on brain development
4. Explain gender impacts from trauma
5. List culturally appropriate buffers to stress
6. Compare Black Psychology treatment approaches to mainstream therapy.

ABOUT THE PRESENTER:

Willie Garrett, Ed.D, M.S., LP. CAEP, has worked as a licensed psychologist for over forty years in a variety of urban and rural settings. He is the former Behavioral Health Director of several large integrated care clinics. Dr. Garrett has served on the boards of Capella University, Adoptive Families of America, and the Employee Assistance Society of North America. Dr. Garrett was the 2020 President of the Minnesota Psychological Association and is the current President of the Minnesota chapter of the Association of Black Psychologists.

PLEASE NOTE: You must attend the full program to get continuing education credit for the event.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



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Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

Registration is available until the event begins.

Fee: MPA member: **\$60** Non-member: **\$95** Student: **\$15** Retired-member: **\$30** (No CE Credit)*

**Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

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Please do not email credit card information. Fax or mail your registration form to protect this information.

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4248 Park Glen Road
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