Diversity and Mental Health: Exploring the Role of Culture, Gender, and More

How does culture influence the symptoms, stigmas, and preferred treatments for mental health concerns? What role does gender play in help-seeking? What specific needs might certain groups, such as members of the LGBTQ+ community, refugees, and military veterans have? This interactive professional development session will explore these questions and more. Participants will also learn about mental health resources available for members of specific groups.

Kristin Vespia, Ph.D is an Associate Professor in Psychology at UW-Green Bay. Dr. Vespia has published journal articles and a book chapter on topics such as career development, clinical supervision/counselor development, and mental health services on college campuses. She is particularly interested in multicultural and gender issues, particularly as these relate to vocational development, education, and mental health. She is also the Director of the UWGB Teaching Scholars Program within the Center for the Advancement of Teaching and Learning. She obtained her Ph.D. in Counseling Psychology from The University of Iowa and her M.S. in Counseling from UW-Madison.

$15 Members/$60 Partial and Non-members

(includes materials) 3.0 CEH’s