

DIVISION OF PSYCHOLOGY

Professional Development/ Workshop

TITLE: **BROACHING CULTURE: NAMING THE UNSPOKEN IN THERAPY AND RESEARCH** SPEAKER

Chardée Galán serves as an Assistant Professor of Psychology in the Child Clinical Area and is the Director of the Dismantling Racial inequities Around Mental Health (DREAM) lab at Pennsylvania State University. Her research program aims to tackle the factors contributing to racial disparities in child and adolescent mental health by focusing on the following areas:

- **Enhancing Scholarship:** Investigating the intersection of cultural, developmental, and familial risk and protective factors that predict youth psychopathology, including the impacts of racial-ethnic discrimination, identity development, and socialization processes.
- **Improving Measurement:** Advancing our assessment of racism-based traumatic stress among youth of color.
- **Developing Interventions:** Creating and evaluating interventions that harness cultural strengths, particularly racial-ethnic socialization processes, to interrupt the link between racial stress and psychopathology.
- **Clinical Training:** Enhancing training in cultural humility and anti-racism to prepare the next generation of mental health providers and researchers to effectively address the unique challenges faced by youth and families of color while leveraging their inherent strengths.

ABOUT THE WORKSHOP

By the end of the session, participants will be able to:

1. Describe what broaching is and why it is foundational to culturally responsive practice
2. Identify common barriers to broaching
3. Practice skills for initiating, sustaining, and repairing broaching conversations
4. Reflect on how their own identities, positionalities, and research/clinical contexts shape broaching opportunities.

AGENDA

8:30AM-9:00AM ARRIVE AND MINGLE WITH COLLEAGUES

9:00AM-12:00PM BROACHING CULTURE: NAMING THE
UNSPOKEN IN THERAPY AND RESEARCH

DR. GALÁN WILL BE SPEAKING FROM 9-12PM WITH A 10MIN BREAK IN BETWEEN.

12:00PM-1:00PM **PSYCHOLOGY DIVISION HOLIDAY LUNCH**



Children's National.

IN PERSON

DATE: FRIDAY, DEC 5, 2025

8:30AM-9AM ARRIVE AND MINGLE

9AM - 12PM (WORKSHOP)

12PM - 1PM (LUNCH)

**Children's National
Research & Innovation
Center**

**7115 13TH PLACE NW
CONFERENCE THEATER
WASHINGTON, DC 20012**

CHECK-IN

SCAN QR CODE

This is required for your attendance



CHARDÉE A GALÁN

Chardée Galán is an Assistant Professor of Psychology and Director of the DREAM lab at Pennsylvania State University, focusing on racial disparities in child and adolescent mental health.

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LEARNING OBJECTIVES

- 1 DESCRIBE WHAT BROACHING IS AND WHY IT IS FOUNDATIONAL TO CULTURALLY RESPONSIVE PRACTICE
- 2 IDENTIFY COMMON BARRIERS TO BROACHING
- 3 PRACTICE SKILLS FOR INITIATING, SUSTAINING, AND REPAIRING BROACHING CONVERSATIONS
- 4 REFLECT ON HOW THEIR OWN IDENTITIES, POSITIONALITIES, AND RESEARCH/CLINICAL CONTEXTS SHAPE BROACHING OPPORTUNITIES.

EVALUATION SURVEY

SCAN QR CODE

This is required to obtain CE credit



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**PLEASE COMPLETE THE EVALUATION SURVEY AT THE
END OF THIS WORKSHOP TO OBTAIN CE CREDIT FOR
THIS EVENT**

CE CREDIT

All confirmed participants will earn 3.0 CE credits (Instructional Level, Intermediate Learning) upon successful completion of the entire workshop and evaluation. Faculty may be able to receive partial credit for time intervals greater than 1 hour. Any questions, please email CEpsychology@childrensnational.org, **All faculty must sign in upon arrival using the provided QR code (page 1).** The timestamp will be used to confirm attendance, so please make sure you sign-in promptly. All faculty members must complete the evaluation survey at the end of the workshop; Using the provided QR code, **please complete the Evaluation survey by Tuesday, December 9th (page 2).** As a REMINDER, please send the confirmation email to yourself and then forward to CEpsychology@childrensnational.org.

Accessibility: Educational programming will be offered at Children's National, which complies with ADA Accessibility Guidelines. Participants will have the opportunity to request accommodations (e.g., auxiliary aids and services) and requests will be reviewed and accommodated where possible. Please contact us at CEpsychology@childrensnational.org.

Children's National Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's National Hospital maintains responsibility for this program and its content.