



Department of Social Work

# 5TH ANNUAL MENTAL & BEHAVIORAL HEALTH CONFERENCE

Calling-In: Cultivating Cultural Healing, Embodied  
Storytelling and Narrative Humanization



Friday, February 16, 2024  
A Virtual Conference



Office of Diversity and Inclusion



**MSU**  
**DENVER**

Department of  
Social Work

5th Annual

# MENTAL & BEHAVIORAL HEALTH CONFERENCE

Calling-In: Cultivating Cultural Healing, Embodied  
Storytelling and Narrative Humanization

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# MENTAL & BEHAVIORAL HEALTH CONFERENCE

Calling-In: Cultivating Cultural Healing, Embodied  
Storytelling and Narrative Humanization

*On behalf of MSU Denver's Department of Social Work and Office of  
Diversity and Inclusion*

## **Welcome!**

We are excited to have you join us, where diverse voices converge to explore the transformative power of storytelling, foster cultural healing, and promote a shared journey towards empathy and understanding. Through an immersive experience, this conference invites participants to engage in conversations that celebrate our collective and individual narratives, to build connections that transcend boundaries and lead to a more compassionate, inclusive world.

## **Join the M&BH Conference**

Click **here** or copy the following Zoom link:

[https://msudenverswk.zoom.us/webinar/register/WN\\_OW-BG4S8T7-KGjkptGT9RA](https://msudenverswk.zoom.us/webinar/register/WN_OW-BG4S8T7-KGjkptGT9RA)

## **Online Check-In begins at 9:30 AM MST**

Visit the M&BH Conference website for conference materials and presentations.

<https://sites.msudenver.edu/mbhc/>

Four (4) hours of Continuing Education Units are endorsed by Metropolitan State University of Denver and available for this conference. Units will be provided upon completion of the conference evaluation form.

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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.9M with no funds financed with non-governmental sources (HRSA Award 1 MC1HP42090-01-00). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.



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*Presented by MSU Denver's Department of Social Work and Office of Diversity and Inclusion*

## Event at a Glance

9 : 30 AM    **Zoom Webinar Open for Check-In**    [Webinar Link](#)

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10: 00 AM    **Welcome Addresses**

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10: 15 AM    **Keynote Address with Q&A Session**  
*Calling-In: Cultivating Cultural Healing, Embodied Storytelling and Narrative  
Humanization*

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11 : 30 AM    **BREAK**

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12 : 00 PM    **Concurrent Workshops - Session 1**

- Building Bridges: The Utilization of a Narrative Humanization Approach in the Fight to Reduce and Unlearn Stigmatizing Belief    [Zoom Link](#)
- Culturally-Responsive and Integrative Healing Practices: Centering the Brain-Body Connection    [Zoom Link](#)
- Sense-Making: Using Narrative Storytelling Across the Lifespan    [Zoom Link](#)

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12 : 45 PM    **BREAK**

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1: 00 PM    **Concurrent Workshops - Session 2**

- Authenticity in Practice    [Zoom Link](#)
- Infusing Cultural Humility into Your Supervision Session; Promoting Brave Spaces    [Zoom Link](#)
- Using Storytelling as a Supervisory Technique    [Zoom Link](#)

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1: 45 PM    **Closing Remarks**

# DETAILED M&BH CONFERENCE SCHEDULE

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**10:00AM**      **Welcome Address from MSU  
Denver**

**Dr. Tanya Greathouse, LCSW**

MSW Program Director, and DEI Co-Coordinator  
Department of Social Work, MSU Denver

**Dr. Hope N. Szypulski**

Dean, College of Health and Human Sciences, MSU Denver

**Dr. Michael Benitez, Jr.**

Vice President for Diversity and Inclusion, MSU Denver

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**10:15AM**      **Keynote Address  
Calling-In: Cultivating Cultural Healing,  
Embodied Storytelling and Narrative  
Humanization**

In a world often marked by division, "Calling-In" emerges as a beacon of hope and understanding. This transformative journey delves into the art of cultivating cultural healing through the power of embodied storytelling and narrative humanization. Through the lens of shared experiences and empathetic narratives, this exploration seeks to bridge the gaps that divide us, fostering a sense of unity and mutual respect. Join us on a profound odyssey, where the transformative magic of storytelling becomes a catalyst for healing, connection, and the celebration of our shared humanity.

# DETAILED M&BH CONFERENCE SCHEDULE CONTINUED

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## 11:05AM **Q&A with Dr. Ross**



During the Q&A Session with Dr. Ross, we will be facilitating audience participation and questions using Slido. Slido is easy to use and helps our moderator, Dr. Taylor, keep the discussion going.

Use the QR code, click [HERE](https://app.sli.do/event/h2hFZWAeSJxBNu7roFC17W), or copy and paste into your browser: <https://app.sli.do/event/h2hFZWAeSJxBNu7roFC17W>

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## 12:00AM **Concurrent Workshops Session 1** **Culturally Adaptive Mental Health Practices: Centering the Counter Narrative**

Unlock the power of narrative in mental health with 'Sense-Making,' a groundbreaking session delving into narrative storytelling's impact across the lifespan. Explore 'Culturally-Responsive and Integrative Healing Practices' to center the brain-body connection, fostering holistic well-being. Join 'Building Bridges' for an innovative narrative humanization approach, challenging stigmas and reshaping beliefs for a healthier, more inclusive future.

### **WORKSHOPS SESSION 1**

- **Building Bridges: The Utilization of a Narrative Humanization Approach in the Fight to Reduce and Unlearn Stigmatizing Belief**
  - with Dr. Kristin Spooner, LICSW, CST
- **Culturally-Responsive and Integrative Healing Practices: Centering the Brain-Body Connection**
  - with Dr. Adrianna N. Taylor, LCSW, CCTP
- **Sense-Making: Using Narrative Storytelling Across the Lifespan**
  - with Althea Simpson, LCSW, RPT-S

# DETAILED M&BH CONFERENCE SCHEDULE CONTINUED

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1:00PM

## Concurrent Workshops Session 2 Supervision and the Healing Process

Embark on a transformative journey with 'Supervision and the Healing Process,' exploring the symbiosis of guidance and recovery. Uncover the art of mentorship in 'Using Storytelling as a Supervisory Technique,' where narratives weave paths of growth. Discover the essence of 'Authenticity in Practice,' embracing genuine connections for profound impact. Immerse yourself in 'Infusing Cultural Humility into your supervision session,' cultivating Brave Spaces and fostering a culture of understanding and respect

### WORKSHOPS SESSION 2

- **Authenticity in Practice**
  - with Dr. Andrea Daniels, LCSW-S
- **Infusing Cultural Humility into Your Supervision Session; Promoting Brave Spaces**
  - with Manasseh Begay, MSW, LCSW, LADAC
- **Using Storytelling as a Supervisory Technique**
  - with Dr. Omekio Riggins, LCSW, LCAS-A, CCTP-II, LPN

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1:45PM

## Closing Remarks



As we wrap up the workshops, stay tuned for important announcements. Before you leave, share your conference experience with us by completing a short form. Check your email or use the QR code to the left. Your feedback is invaluable—thank you!

# KEYNOTE ADDRESS



Keynote Address: 10:15am – 11:00am  
Q&A Session: 11:00am – 11:30am

**DR. LORETTA ROSS**  
***PUBLIC INTELLECTUAL.***  
***AUTHOR. PROFESSOR.***  
***ACTIVIST***  
***Public Intellectual***

## Biography

Dr. Loretta J. Ross is an Associate Professor at Smith College. As a 2022 recipient of the MacArthur Foundation "Genius" award, she is an activist, public intellectual, and scholar. Her passion is innovating creative imagining about global human rights and social justice issues. As the third director of the first rape crisis center in the country in the 1970s, she helped launch the movement to end violence against women that has evolved into today's #MeToo movement. She also founded the first center in the U.S. to innovate creative human rights education for all students so that social justice issues are more collaborative and less divisive. She has also deprogrammed members of hate groups leading to conceptualizing and writing a book on *Calling In the Calling Out Culture* to transform how people can overcome political differences to use empathy and respect to guide difficult conversations.

Loretta started her career in activism and social change in the 1970s, working at the National Football League Players' Association, the D.C. Rape Crisis Center, the National Organization for Women (NOW), the National Black Women's Health Project, the Center for Democratic Renewal (National Anti-Klan Network), the National Center for Human Rights Education, and SisterSong Women of Color Reproductive Justice Collective, until retiring as an organizer in 2012 to teach about activism.

Her most recent books are *Reproductive Justice: An Introduction*, co-written with Rickie Solinger, and *Radical Reproductive Justice: Foundations, Theory, Practice, Critique*. Her forthcoming book, *Calling In the Calling Out Culture*, is due in 2024.

She has been quoted in the *New York Times*, *Time Magazine*, *The Los Angeles Times*, and the *Washington Post*, among others. In addition, she was inducted into the National Women's Hall of Fame in 2023.



# CONCURRENT WORKSHOPS - SESSION 1

## Culturally Adaptive Mental Health Practices: Centering the Counter Narrative

12:00pm – 12:45pm

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### **Building Bridges: The Utilization of a Narrative Humanization Approach in the Fight to Reduce and Unlearn Stigmatizing Belief**

with Kristin Spooner, DSW, LICSW, CST

#### Learning Objectives

- Develop working knowledge of narrative humanization techniques and approaches.
- Demonstrate the ability to begin applying narrative humanization techniques when addressing stigmatization and stereotyping within diverse communities.
- Compare and contrast narrative humanization approaches with other common modalities used to address stigma and biases.

#### Abstract

The breakout topic will aim to educate social workers on the use of narrative humanization to address stigmatization and stereotyping within the communities they serve. By sharing stories of lived experiences and ongoing challenges, members of groups who are often socially isolated are given the opportunity to tell their own stories. This chance to narrate their own experiences of marginalization provides social workers with the opportunity to see these individuals as complete human beings, rather than reducing them to just one aspect of their many intersecting identities. Furthermore, learning directly from the specific population reduces misunderstandings of their needs, challenges, and goals. Through the utilization of narrative humanization, the social work profession will continue to amplify the voices of marginalized communities and more effectively bridge service gaps.

# CONCURRENT WORKSHOPS - SESSION 1

## Biography

Dr. Kristin Spooner is a Doctor of Social Work, an AASECT Certified Sex Therapist (CST), and a Licensed Independent Clinical Social Worker (LICSW) who provides psychotherapy, assessments, consulting, coaching, and other educational services. Dr. Spooner's areas of practice and scholarship include problematic sexual behaviors, anti-stigma interventions, pedophilic disorder and minor-attraction, medically accurate and pleasure-focused comprehensive sexual education, antiracism, intersectionality, cultural humility, BDSM/Kink, non-monogamous and monogamous relationships, sexual compulsivity, suicide prevention, and erectile disorders.



**DR. KRISTIN SPOONER**  
**LICSW, CST**  
*The Radical Social Worker*

# CONCURRENT WORKSHOPS - SESSION 1

## **Culturally Adaptive Mental Health Practices: Centering the Counter Narrative**

12:00pm – 12:45pm

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### **Culturally-Responsive and Integrative Healing Practices: Centering the Brain-Body Connection**

with Adrianna N. Taylor, DSW, LCSW, CCTP

#### Learning Objectives

- Participants will develop an understanding of the evolution of the treatment of trauma and anxiety.
- Participants will learn to assess when body-based interventions are warranted, particularly with historically oppressed and excluded populations.
- Participants will integrate anti-racism/anti-oppression into clinical treatment planning and implementation, departing with at least one tool to immediately apply in practice and a plan for future expansive clinical training opportunities.

#### Abstract

Participants will gain insights into the evolution of trauma and anxiety treatment. The focus is on developing an understanding of when body-based interventions are appropriate, particularly for historically oppressed and excluded populations. The session emphasizes the integration of anti-racism and anti-oppression principles into clinical treatment planning. Attendees will leave with a practical tool for immediate application in their practice and a plan for ongoing clinical training to further enhance their skills in culturally-responsive and integrative healing approaches.

# CONCURRENT WORKSHOPS - SESSION 1

## Biography

Dr. Adrianna Taylor (Dr. AT to most) is a Board Certified LCSW and holds licenses in Oklahoma, North Carolina, and Florida. She has experience partnering with folks in outpatient mental health, trauma, and substance use clinics, as well as rape crisis, women's centers, and medical clinics. In addition to working with Veterans who experienced substance use and combat and sexual trauma, she managed a military mental health clinic for service members and dependents as an active duty Air Force member for several years. Her private psychotherapy practice focuses on serving BIPOC, military/veterans, and HSP with experiences of trauma and anxiety. She is also a registered yoga instructor and a tenure track assistant professor at MSU Denver. Her research focuses on using Narrative and Somatic psychotherapy practices, as well as engaged and liberatory pedagogy to heal the impacts of intergenerational and historical trauma on Black women.




**DR. ADRIANNA N. TAYLOR,  
LCSW, CCTP**  
*MSU Denver Social Work  
Department*

# CONCURRENT WORKSHOPS - SESSION 1

## Culturally Adaptive Mental Health Practices: Centering the Counter Narrative

12:00pm – 12:45pm



### **Sense-Making: Using Narrative Storytelling Across the Lifespan**

with Althea Simpson, LCSW, RPT-S

#### Learning Objectives

- Explain and demonstrate using the narrative framework in the context of storytelling in mental health treatment.
- List guidelines for using stories in mental health treatment across the lifespan.
- Describe the professional's use of self to guide the psychotherapeutic treatment process.

#### Abstract

This live interactive, experiential session is designed for social workers and other mental health professionals seeking to deepen their knowledge of using narrative storytelling in psychotherapeutic settings. We will explore the transformative potential of narrative storytelling in individual and family therapy. Discover how this therapeutic approach can help individuals and families reframe their experiences, foster resilience, and promote healing. The powerful narrative storytelling technique can support individuals and families in rewriting their stories and lead to growth experiences within therapeutic conversations. This session will familiarize clinical mental health professionals with strategies to help individuals and families express themselves and explore new perspectives by incorporating narrative storytelling into clinical practice. Clinical mental health professionals will also explore the use of self to guide the psychotherapeutic treatment process.

# CONCURRENT WORKSHOPS - SESSION 1

## Biography

Althea is a powerhouse of creativity! She holds micro and macro social work degrees and degrees in business management and marketing. Althea is a licensed clinical social worker in multiple states and is credentialed as a registered play therapist-supervisor™ specializing in trauma. Althea is a dedicated, skilled professional who helps individuals, groups, and organizations achieve their goals. She draws on her educational background in social work, organizational leadership and development, and business psychology to implement creative and innovative strategies that will supercharge any work environment. She is the ultimate go-to for any organization looking for creative and innovative approaches to conquer workplace challenges related to team development, leadership development, workplace mental health, and organizational change.



**ALTHEA SIMPSON**  
**MBA, LCSW, RPT-S**  
*Unicorn Life Training*



# CONCURRENT WORKSHOPS - SESSION 2

## Supervision and the Healing Process

1:00pm - 1:45pm

### Authenticity in Practice

with Andrea Daniels, DSW, LCSW-S

#### Learning Objectives

- Cultivating Authentic Supervisory Practices: Encourage participants to explore and understand the significance of authenticity within the supervisory role, specifically in the context of being a black woman. Learning how to integrate personal experiences, cultural nuances, and authentic self-expression into supervisory interactions.
- Navigating Intersectionality in Supervision: Foster an understanding of intersectionality by examining how race, gender, and identity intersect within the supervisory space for black women. Identifying challenges and leveraging strengths that arise from these intersections to create more inclusive and empowering supervisory environments.
- Healing and Empowerment Strategies: Equip participants with practical tools and strategies to harness authenticity as a source of healing and empowerment. Encourage discussions on self-care practices, resilience-building techniques, and methods for embracing one's true identity to foster a supportive and healing supervisory dynamic.

#### Abstract

Explore the concept of supervision as a powerful tool for healing, anchored in authenticity and viewed through the unique lens of being a black woman. This session delves into the importance of embracing one's authentic self within the framework of supervision, recognizing the healing potency that emerges when individuals, particularly black women, honor their true voices, experiences, and identities. Participants engage in reflective exercises and discussions, navigating the complexities of their roles while embracing their authentic narratives.

# CONCURRENT WORKSHOPS - SESSION 2

## Supervision and the Healing Process

1:00pm - 1:45pm

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### Authenticity in Practice

with Andrea Daniels, DSW, LCSW-S

#### Abstract continued

Through open dialogue and guided introspection, this session fosters a safe space for all to share their challenges, triumphs, and experiences in professional environments, acknowledging the significance of their unique perspectives within the context of supervision. The session is designed to explore the intersections of race, gender, and authenticity within the framework of supervision, acknowledging the healing power that comes from recognizing and validating one's true self. Participants are encouraged to explore strategies for self-care, resilience, and empowerment, leveraging authenticity as a source of strength and healing within their supervisory roles.

By affirming the value of authenticity and embracing diverse perspectives, this session aims to empower black women in the supervisory realm, fostering a supportive community that celebrates their resilience, wisdom, and authentic contributions to the healing process within themselves and their professional spaces.



# CONCURRENT WORKSHOPS - SESSION 2

## Biography

Dr. Andrea Daniels is a licensed clinical social worker and board-approved supervisor in the State of Texas. Dr. Daniels received her Bachelor of Science in Social Work at Southern University in Baton Rouge, LA, her Master's Degree in Social Work through the University of Houston's Graduate College of Social Work and her Doctorate of Social Work from Simmons University.

She has been providing mental health services since 2010 with experience working with children, adolescents, adults, and families providing individual, group, and family therapy services. Throughout her career, she has worked in acute care hospital settings, intensive outpatient programs, partial hospitalization programs, end-of-life care, in-home care services, and in private practice settings.

Dr. Daniels has extensive experience in crisis intervention and treatment planning using Solution Focused Therapy, Cognitive Behavioral Therapy, and is trained in EMDR therapy as well as perinatal mental health.



**DR. ANDREA L. DANIELS**  
**LCSW-S, SAP**  
*Renewed Vision*  
*Behavioral Health Services*

# CONCURRENT WORKSHOPS - SESSION 2

## Supervision and the Healing Process

1:00pm – 1:45pm

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### Infusing Cultural Humility into Your Supervision Session; Promoting Brave Spaces

with Manasseh Begay, MSW, LCSW, LADAC

#### Learning Objectives

- To gain an understanding of how Native American leadership principles can be used to support supervisors and supervision.
- To learn ways in which a supervisor can create an environment of relationships to support leadership, supervision, and a healthy environment.
- To examine how the bio-psycho-social-spiritual reflection of self and others can be used to support healthy supervisory practice.

#### Abstract

Clinical supervision is a vital component for the development of healthcare professionals, offering leadership, guidance, support, and education. In this specific supervisory session, the focus is on integrating Native American thoughts and practices into the framework. This approach aims to build a culturally sensitive space by incorporating indigenous principles such as holistic well-being, community values, and harmony with nature. The goal is to create a unique supervisory environment that not only respects the rich cultural heritage of Native American traditions but also enhances the cultural competence of healthcare professionals, contributing to a more inclusive and patient-centered healthcare system.

# CONCURRENT WORKSHOPS - SESSION 2

## Biography

Manasseh Begay is a husband and a father of two, boasting a heritage that is a blend of ½ White Mountain Apache and ½ Navajo. Over the course of his career, he has worn various hats, serving as a Wildland firefighter, law enforcement officer, Clinical and Substance Abuse counselor, teacher, and instructor. Throughout these diverse roles, Manasseh has endeavored to uphold high ideals that align with the responsibilities inherent in each position. While acknowledging imperfection, he has consistently invested hard work to deliver excellence in his past and current roles.

Beyond his immediate family, Manasseh is driven by key areas of importance that shape his present and future endeavors.

His commitment lies in regular engagement with Native American communities, advocating for culturally, ethically, and competent social work training, offering guidance to law enforcement agencies on trauma-informed policing, delivering quality counseling, and addressing the needs of his community. These focal points serve as guiding principles for his professional journey, and as he continues to learn and evolve, Manasseh aspires to contribute meaningfully to these areas and others that align with his guiding principles. His ongoing journey is marked by a pursuit of wisdom and knowledge.



**MANASSEH BEGAY**  
**MSW, LCSW, LADAC**  
*New Mexico Highlands*  
*University*

# CONCURRENT WORKSHOPS - SESSION 2

## Supervision and the Healing Process

1:00pm – 1:45pm

### Using Storytelling as a Supervisory Technique “Stories of Wounded Healers”

with Omekio Riggins, DSW, LCSW, LCAS-A, CCTP-II, LPN

#### Learning Objectives

- Articulate the value of storytelling as a supervision method for imparting wisdom and perspective.
- Discuss the concept of “wounded healers” and its relevance in social work supervision.
- Summarize the strengths of supervision models built on transparency, empathy, and compassion.

#### Abstract

Storytelling is a fundamental aspect of human communication, serving as a means to share experiences, convey emotions, and impart wisdom. In the context of clinical supervision within social work, storytelling offers a powerful tool for facilitating reflection, enhancing learning, and fostering professional growth. This presentation explores the significance of storytelling in clinical supervision, highlighting its potential to deepen understanding, build rapport, and promote self-awareness among supervisees.

Drawing upon narrative theory and social work principles, this presentation delves into the theoretical underpinnings of storytelling as a therapeutic modality and its application within the supervisory relationship. Through practical strategies, attendees will learn how to integrate storytelling techniques into their supervisory practice, creating a supportive environment conducive to exploration, discovery, and empowerment.

By embracing storytelling as a central component of clinical supervision, social work practitioners can cultivate a culture of collaboration, empathy, and resilience, ultimately enhancing the quality of client care and promoting the well-being of both supervisees and their clients.

# CONCURRENT WORKSHOPS - SESSION 2



**DR. OMEKIO RIGGINS LCSW,  
LCAS-A, CCTP-II, LPN**  
*Metamorphosis Unlimited  
PLLC*

## Biography

Dr. Omekio Riggins is the owner of Metamorphosis Unlimited PLLC, a mental health agency that currently services both North Carolina and Virginia. She is also a Post 911 Military to VA Program Manager for the Veteran Affairs. She is a licensed clinical social worker, a licensed clinical addiction specialist associate, and a licensed practical nurse. She is certified in clinical trauma, integrative health coaching, and primary care mental health. She provides mentorship, preceptorship, and is a MSW Field Instructor for multiple Universities and Colleges to include Fayetteville State University, The University of North Carolina at Pembroke, Simmons University, Saint Leo University, Frontier Nursing University, Capella University and Walden University.

Dr. Riggins's focus of research has been on mental health within the relationship of the African American church. She has a nonprofit organization MetamorphYou which works to eliminate barriers to mental health through empowerment, music, and therapy. Dr. Riggins is the author of "Omekio's Purse," co-author of "Bounce Back Girl" and her most recent Book Titled "Wounded Healer" is an anthology project coauthored by developing clinical social workers that she has provided supervision for over the years. She is also featured in Power Magazine 2023 Edition.



5th Annual

## MENTAL & BEHAVIORAL HEALTH CONFERENCE

Calling-In: Cultivating Cultural Healing, Embodied  
Storytelling and Narrative Humanization

# Thank you!



Thank you to Dr. Ross for sharing her time, wisdom, and expertise with us, and to all our wonderful presenters.

This event was brought to us by the Department of Social Work, College of Health and Human Sciences, The Health Institute, HRSA, and the Office of Diversity and Inclusion. Thank you all for sponsoring the 5th Annual Mental and Behavioral Health Conference.

All conference materials are available on the M&BH Conference website. Click [HERE](https://sites.msudenver.edu/mhbc/), or copy and paste the following link to your browser: <https://sites.msudenver.edu/mhbc/>

### Stay in touch!

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Please take a moment to complete the post conference survey found [HERE](#). Your feedback is important to ensuring we're able to continue offering a successful Mental and Behavioral Health Conference.

**NOTE:** CE credits are available right after you complete the post-event survey.



Department of Social Work



Office of Diversity and Inclusion