PAGPS
PHILADELPHIA AREA GROUP PSYCHOTHERAPY SOCIETY

**PHILADELPHIA AREA GROUP PSYCHOTHERAPY SOCIETY**
**31st ANNUAL HOLIDAY EVENT**

## *Seen & Heard: Cultural Humility in Practice*

**Presenter: Karin C. Gladney, PhD, CAADC**

## SATURDAY, DECEMBER 5, 2026, 4:00–7:00PM

**CE-Granting Presentation Will Run from 4:45 to 5:45PM**
**Networking from 6:00 to 7:00PM**

PLEASE JOIN US FOR AN EVENING OF SOCIALIZING, NETWORKING, AND REFRESHMENTS AT THE HOME OF PAGPS MEMBER, DR. SARAH TAYLOR.

Meaningful connection begins when people feel truly seen and heard. Cultural humility creates environments where people feel valued, understood, and empowered to share their experiences. Dr. Gladney will discuss how cultural awareness, sensitivity, and humility build trust, improve communication, and foster connection by exploring the effects of assumptions, bias, discrimination, and power, along with strategies for listening with curiosity and respect.

*Karin C. Gladney, PhD, CAADC, is an assistant professor at Drexel University and adjunct instructor at Delaware State University. With expertise in co-occurring disorders, forensic rehabilitation, substance use, and overdose prevention, she serves as a behavioral health consultant & trainer for multiple organizations. She holds a PhD from Capella University and a master's from Lincoln University. A passionate advocate and storyteller, she fights racial inequity and promotes cultural sensitivity in communities. Co-founder of "The Center", a social media platform for mental health in communities of color, and founder of the support group, "Professional Women of Color," she leads spaces for Black women to discuss issues impacting them.*



**1 CE for Psychologists, Social Workers, Marriage & Family Therapists, & Professional Counselors This program is FREE to attend.**

Guests are welcome. Reservations are requested because space is limited. Refreshments will be provided! Please check our website for more details: https://www.pagps.org/

**Learning Objectives:**
*By the end of this workshop, participants will be able to:*

1. Describe the difference between cultural humility from cultural competence.
2. Demonstrate the ability to recognize moments people may feel unseen or unheard.

## ABOUT PAGPS CONTINUING EDUCATION

PAGPS offerings are designed for mental health professionals and deal with topics that are usually underrepresented in graduate training programs and/or that provide additional, advanced, and newly emerging perspectives on group therapy theory, research, and practice. This program is intended for mental health professionals at a post-graduate level. This program, when attended in its entirety, is available for 1 continuing education credit.

The Philadelphia Area Group Psychotherapy Society (PAGPS) is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content. PAGPS is also approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers, marriage & family therapists, and professional counselors. This program carries 1 CE credit.

Attendees can also receive 1 credit toward re-certification for the National Registry of Certified Group Psychotherapists (CGP). PAGPS is committed to accessibility and non discrimination in its continuing education activities and will conduct its activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. To arrange accommodations for special needs, please contact us at pagpsgroup@gmail.com.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organizations, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

The Philadelphia Area Group Psychotherapy Society (pagps.org), an affiliate of the American Group Psychotherapy Association (http://www.agpa.org), provides a forum for exchanging ideas, theories, studies, research, information, and experience in group psychotherapy. Members come from all over the Philadelphia region, including the city of Philadelphia and surrounding areas in Pennsylvania, New Jersey, and Delaware. Members may list their groups on the PAGPS website. For more information about joining PAGPS or renewing your membership, please visit our website at https://www.pagps.org/, or e-mail us at pagpsgroup@gmail.com.