

Fostering Self-Efficacy in Body and Mind for First-Generation and International Students in Telehealth

Thursday, March 27, 8:15AM – 9:30PM EDT

PRESENTATION DESCRIPTION

This presentation explores strategies to enhance self-efficacy in first-generation and international students through telehealth. These students face challenges like cultural differences, language barriers, and academic pressures that impact their mental health. Attendees will learn how to create a supportive, culturally responsive virtual environment using body-based techniques, mindfulness, and empowerment strategies. Practical interventions and case examples will be provided to build students' confidence and agency in managing their well-being. This session is ideal for mental health professionals working in telehealth, particularly in cross-cultural counseling and student support services.

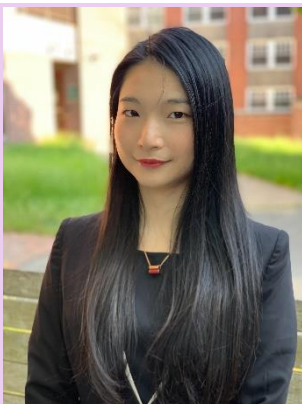
LEARNING OBJECTIVES

1. Identify unique mental health challenges faced by first-generation and international students in telehealth, including cultural, linguistic, and academic stressors.
2. Demonstrate culturally responsive techniques to enhance self-efficacy in telehealth, such as somatic exercises, mindfulness practices, and narrative interventions.
3. Develop practical strategies to create a supportive and empowering virtual environment that promotes agency and confidence in first-generation and international students.

CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC, 1.25 NYLCAT

PRESENTER INFORMATION



Siyao "Violet" Li (she/her), PhD, LMHC, BC-DMT, CEAP a bilingual dance/movement therapist and adjunct faculty for Lesley University's Expressive Therapies Division in Cambridge, MA. She currently holds the position of secretary on the ADTA's Board of Directors. Her current areas of focus encompass expressive methodologies in psychotherapy, the neuroscience of expressive therapies, and lifestyle medicine. She also operates a private practice called "Mindful Motion Mental Health," aimed at assisting individuals from diverse cultural backgrounds in making positive changes through a combination of neuroscientific and artistic methods.