

## ***Cognitive and Behavioral Practice***

**Special Series** *“Cultural Responsiveness of Cognitive-Behavioral Therapy for People of Color”*

### **Guest Editors:**

**Juliette McClendon, Ph.D.**

**Kimberlye Dean, Ph.D.**

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Cognitive-behavioral therapy (CBT) is effective in improving psychological health. However, little research examines the extent of racial and/or ethnic disparities in engagement in CBT or identifies concrete adaptations that may improve engagement outcomes. The recent attention to systemic racism, discrimination and police violence against Black Americans has underscored the need for accessible, effective, and culturally responsive mental health treatment for Black people and people of Color.

A growing body of evidence illustrates the negative mental health effects of chronic racism and discrimination among people of Color, but there remains a dearth of research on treatment approaches for mitigating these negative health impacts within the context of therapy. Additionally, there is a lack of knowledge of effective strategies for dissemination and implementation of treatment approaches that have been shown to enhance cultural responsiveness of CBT (e.g., culturally adapted CBT).

The goals of this special issue, “Cultural Responsiveness of Cognitive-Behavioral Therapy for People of Color” are to address these gaps in the literature to enhance cultural responsiveness of CBT for people of Color. We seek papers that address:

- 1) Strategies for enhancing CBT initiation, engagement (e.g., completion of between session homework, treatment completion), satisfaction and/or symptom reduction among people of Color, including (but not limited to) cultural adaptations;
- 2) Dissemination and implementation of culturally adapted CBT programs within communities of Color; and
- 3) CBT-informed approaches to mitigating the impact of racism on mental health.

Authors or author groups with questions about potential submissions are invited to contact the Guest Editor team identified above. As C&BP is a practitioner-oriented journal, manuscripts are expected to be presented in the context of rich clinical descriptions that include case vignettes, video demonstrations, and/or therapist guidelines. Author guide:

<https://www.elsevier.com/journals/cognitive-and-behavioral-practice/1077-7229/guide-for-authors>

Those manuscripts selected for further consideration will be peer reviewed and fast-tracked for publication if accepted. We will strive to provide editorial decision letters (i.e., first decision of

revise and resubmit, accept, reject) within three weeks of completed submission. Accepted articles will be posted online within a short time frame and prioritized for publication. The deadline for submissions is October 30<sup>th</sup>.

Manuscript submission portal: <https://www.editorialmanager.com/candbp>

Manuscript preparation and submission enquires: Bonnie Brown, RN (Editorial Assistant): [bonnieb@bu.edu](mailto:bonnieb@bu.edu)

#### Impact Statement:

The novel coronavirus disease 2019 (COVID-19) has been classified as a pandemic by the World Health Organization and has had a significant indirect impact on the scholarly work of our CBT community. In addition, the killings of countless Black individuals (e.g., George Floyd, Breonna Taylor, Ahmaud Arbery, Elijah McClain) point to a longer standing public health concern— structural racism. These stressors have taken a toll on workforce productivity; for example, researchers with primary childcare responsibilities have had the additional strain of home-schooling and the incoming editorial team for C&BP recognizes that individuals in primary parenting roles will have had a reduction in their research productivity and writing output. The incoming editorial team for the journal therefore wishes to offer support and extra allowances to authors in this position and invites communications that include expression of need and requests for assistance. Those seeking assistance should submit a short (200 word) request to any of the Guest Editors listed above. This is a statement of relevance to the response to COVID-19 special series, but also applies to all new manuscript submissions to C&BP.