

Outline

Cultural Competencies in Mental Health

Evidence-based approach to cultural competence
Trends in specific locale: variation and mental health needs
Exercise: The universal, cultural and individual

Ethics & the DSM- 5®: Guidelines for the Integration of Cultural Competencies

Cross-cultural variations in presentations
Cultural concepts of distress
DSM-5® cultural formulation
Cultural factors influencing clients’ perspectives of their symptoms and treatment options
Ethical standards for culturally competent practice

Overcome Dilemmas in Practice

Working with limited English proficiency and bi/multilingual clients
When to use an interpreter
Distinguish cultural and racial factors in mental health care
Recognize intersections of gender, race, age, ethnicity, religion, class, etc.
Anticipate possible points of transference and resistance
Exercise: Analyze intersecting identities and positionalities

Objectives

1. Apply DSM-5® cultural formulation to accurately assess cultural influences on diagnosis and treatment planning.

2. Review ethical standards for a culturally competent practice to inform clinical assessment and treatment.

3. Identify multiple intersecting identities and positionalities to build rapport and engagement with diverse clients.
4. Utilize clinical strategies to adapt interventions for clients from different cultural and ethnic groups.

5. Apply skills to overcome cultural barriers such as class, language, religion and different belief systems to improve treatment outcomes.

6. Increase treatment effectiveness by recognizing different cultural values and unintentional microaggressions.

Hassle-Free Cancellation Policy:
If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Seminar on DVD or CD Package:
You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**



Interventions & Strategies for Specific Populations

Overview of trauma in cultural context
Assessments and tools
Medication: use and belief systems
Collaborate with traditional and/or natural healing practices
Integrate and adapt interventions for different clients
Individualist versus collectivist adjustments
Cognitive-behavioral modifications
Psychodynamic variations
Exercise: Broaching culture, ethnicity and race

Limitations of Research and Potential Risks:

Methodology and sampling
Internal validity of design
Generalizability of results
Applications and utility

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50 - 1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

— FREE —
Worksheets

Free Gratitude, Mindfulness & Optimism Worksheets
pesi.com/worksheetshappiness

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Cultural COMPETENCY & Diversity

POWERFUL STRATEGIES TO IMPROVE CLIENT RAPPORT & MULTICULTURAL AWARENESS

www.pesi.com

KNOXVILLE, TN
Monday, October 28, 2019

CHATTANOOGA, TN
Tuesday, October 29, 2019

NASHVILLE, TN
Wednesday, October 30, 2019

3 CE HOURS Cultural Competency

AND

3.25 CE HOURS Ethics

Cultural COMPETENCY & Diversity

POWERFUL STRATEGIES TO IMPROVE CLIENT RAPPORT & MULTICULTURAL AWARENESS

Featuring, **D. John Lee, Ph.D.**

- Cultural and racial factors in mental health care
- Adapt treatment for specific groups
- Case studies and experiential exercises

3 CE HOURS Cultural Competency

AND

3.25 CE HOURS Ethics

KNOXVILLE, TN
Monday, October 28, 2019

CHATTANOOGA, TN
Tuesday, October 29, 2019

NASHVILLE, TN
Wednesday, October 30, 2019

www.pesi.com
A Non-Profit Organization Connecting Knowledge With Need Since 1979

REGISTER NOW! pesi.com/express/73771

REGISTER NOW! pesi.com/express/73771

I was raised in Vancouver, British Columbia, during an era when Canadians embraced the value of being a multicultural nation. I remember in college spending a semester studying French in Quebec City and experiencing what it is like to be a “fish out of water.” When I moved to the United States as a graduate student to study cross-cultural counseling, I had to learn how Americans think about diversity.

Now, after 35 years or research, teaching, consulting, and clinical work in the U.S.A., I have a keen understanding of the challenges of providing mental health services in a multicultural and diverse society.

When you attend this seminar, I will outline the knowledge, awareness and skills that clinicians need to develop in order to work ethically, efficiently and effectively with people from different cultures and ethnic groups. Your confidence will grow as you will learn:

- The challenges of cultural competency.
- The need to build rapport and anticipate points of possible resistance.
- Empirically-validated self-assessments to evaluate your strengths, growth areas and design a professional development plan.

You may just want to attend this seminar to receive **3 CE hours of cultural competency and 3.25 CE hours of ethics**. But, I guarantee you will leave with so much more. This highly engaging and experiential seminar will challenge you to explore the intersection of your belief systems with your clinical work, and allows you to become more confident as a culturally sensitive clinician.

Gain a reputation for being the premier therapist in your community for working with diverse clients!

Speaker



D. John Lee, Ph.D., is a licensed psychologist working for CHE Behavioral Health Services who provides psychological services to residents of a variety of assisted-living and residential care facilities. He has served as Senior Psychologist and Employee Assistance Program Coordinator at New Mexico State University’s Aggie Health and Wellness Center, and the Coordinator of the Multi-Ethnic Counseling Center Alliance (MECCA) at Michigan State University’s Counseling Center. Dr. Lee provided crisis intervention, individual and group therapy, supervision, consultation, psychoeducation, outreach and advocacy for marginalized student populations. He also facilitated doctoral seminars on culturally competent and racially responsive assessment and treatment for the Centers’ APA-approved internships in professional and integrated health service psychology. Dr. Lee has worked in private practice, outpatient clinics and university counseling centers for 22 years.

Dr. Lee is a dynamic presenter, storyteller and holds a certificate as an Action Methods Facilitator from the Michigan Psychodrama Institute. He has been a keynote speaking and consultant for over a 100 universities, colleges, public agencies and private companies throughout the United States and Canada. Dr. Lee has degrees from the University of British Columbia, Western Washington University, and Kansas State University. He has edited five books and contributed several articles to professional and scholarly journals. John was born and raised in Vancouver, B.C. Canada and now lives in Buffalo, NY.

Speaker Disclosure:

Financial: D. John Lee is in private practice. He receives a speaking honorarium from PESI, Inc.

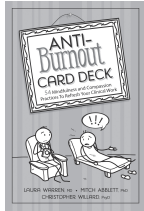
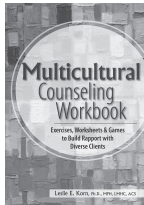
Non-financial: D. John Lee has no relevant non-financial relationship to disclose.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first.

If you are interested in becoming a speaker or have a new topic idea, please contact **Anna Rustick** at arustick@pesi.com or call 715-855-8195.

Cultural Competency & Diversity

SAVE by including these products with seminar registration!



Multicultural Counseling Workbook:

Exercises, Worksheets & Games to Build Rapport with Diverse Clients

By Leslie Korn, PhD, MPH, LMHC

Use this powerful tool to explore cultural communities, religion, spirituality, gender, sexuality and disability. 113 unique activities to help you reflect on your own attitudes, prejudices, and develop new skills for working with and building rapport with diverse clients.

Anti-Burnout Card Deck

54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

By Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors • Therapists
Marriage & Family Therapists • Nurses • Other Mental Health Professionals

Questions? Call customer service at 800-844-8260

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

CULTURAL COMPETENCY: This seminar qualifies for 3.0 hours of cultural competency instruction. If cultural competency is not specified within your licensing board’s approval statement below, please contact your board to determine the applicability and amount of cultural competency allowed.

ETHICS: This seminar includes 3.25 hours of general ethics instruction. If ethics is not specified within your licensing board’s approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the legal, ethical and professional development skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

TENNESSEE COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

TENNESSEE PSYCHOLOGISTS: This course is designed to meet Type II CE of the Tennessee Board of Examiners of Psychology. The Board accepts approvals by any recognized national credentialing body. Please retain all documents to provide to your board should this be requested of you. This activity consists of 6.25 clock hours of continuing education instruction.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 3.0 Cultural Competency and 3.25 Ethics continuing education credits. No more than 6.25 total CE hours may be awarded for this activity. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

CULTURAL COMPETENCY & DIVERSITY: POWERFUL STRATEGIES TO IMPROVE CLIENT RAPPORT & MULTICULTURAL AWARENESS

ONLINE

pesi.com/express/73771

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code:
See mail code box on address panel on reverse side



FOR OFFICE USE ONLY
Fed ID # 26-3896894
© 2019 PESI, Inc.

AR

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Check location: *(make copy of locations)*

☐ **KNOXVILLE, TN**

October 28, 2019

73771KNO

Holiday Inn Knoxville West - Cedar Bluff Rd
9134 Executive Park Dr • 37923
(865) 693-1011

☐ **CHATTANOOGA, TN**

October 29, 2019

73771CHT

Marriott Chattanooga at the Convention Center
2 Carter Plaza • 37402
(423) 756-0002

☐ **NASHVILLE, TN**

October 30, 2019

73771NAS

Millennium Maxwell House
2025 Rosa L Parks Blvd • 37228
(615) 259-4343

REGISTER NOW:
pesi.com/express/73771

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

CAN'T ATTEND THE SEMINAR? See below for individual product orders

Multicultural Awareness & Diversity

___ Seminar on DVD* (audio) \$219.99 (RNV046720)

___ Seminar on CD* (audio) \$219.99 (RNA046720)

___ **Multicultural Counseling Workbook*** \$29.99 (PUB084065)

___ **Anti-Burnout Card Deck*** \$19.99 (PUB085340)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
*Shipping is \$6.95 first item + \$2.00 each add'l item.	*Shipping _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	Subtotal _____
	**Tax _____
	TOTAL _____