

## Outline

### How Client Identity and Systemic Dynamics Impact Assessment and Treatment

- Social class, race, ethnicity, poverty and religion
- Gender identity and sexuality
- Myths, oppression, stereotypes and microaggressions
- Power dynamics of counseling that can threaten minority groups
- How clinicians' values and biases influence therapeutic outcomes
- Culturally competent assessment techniques
- Research implications and limitations

### Ethics and the Equal Treatment of Clients

- Obligations to challenge social injustice
- Respecting the inherent dignity and worth of the person
- Valuing the importance of human relationships

### Clinical Strategies That Meet Clients Where They Are:

- Proven Approaches for Greater Empathy and Effectiveness**
- How to understand clients within their social and cultural environments
- Strategies to recognize your:
  - Inherent biases
  - Histories and generational influences
- Self-assessment - identify personal values that can influence therapeutic outcomes
- Techniques to work with inter-generational and historical trauma
- Crisis intervention strategies

### Be a Change Agent:

- How to Advocate for Your Clients Individually, Communally, and Globally**
- Should clinicians hold a neutral position? Strategies to reduce barriers to accessing mental health treatment
- Overcome cultural shame surrounding mental health issues
- Tips for working with racial stress and trauma
- Connect clients to resources, agencies and funding
- Intervention at the system level

### Case Scenarios

- 32 year-old Latino female with PTSD
- 46 year-old woman originally from Pakistan with depression
- 38 year-old Native American male with suicidal ideation and substance abuse issues
- 30 year-old Latino male with HIV referred for case management services
- 18 year-old Asian American female with eating disorders

### Live Seminar & Webcast Schedule (Times listed in Eastern)

- 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.



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.*

## Objectives

- Communicate how social class and race can impact clinical assessment and treatment of mental health issues.
- Specify how the values and biases of clinicians can influence treatment and therapeutic outcomes.
- Establish how mental health clinicians can better understand clients within their social and cultural environments to avoid misunderstanding that can harm the therapeutic alliance.
- Characterize how clinicians can more comfortably and capably discuss issues surrounding race and economic issues that clients can be reluctant to talk about.
- Articulate how clinicians can help clients overcome cultural shame for improved engagement in mental health treatment.
- Provide 2 examples of ways clinicians can reduce barriers to mental health treatment that face minority groups and disenfranchised people.

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# Social Justice, Ethics, and Multicultural Issues for Mental Health Professionals

Clinical Strategies for Inclusivity,  
Empowerment and Improved Treatment Outcomes

**Ellicott City, MD**  
Friday, October 18, 2019

**Live Video Webcast**  
Friday, October 18, 2019

# Social Justice, Ethics, and Multicultural Issues for Mental Health Professionals

Clinical Strategies for Inclusivity,  
Empowerment and Improved Treatment Outcomes

Includes up to:

- 3 CE hours of instruction on Ethics
- 3.25 CE hours of Cultural Diversity/Competency

- Become a more compassionate, insightful and effective practitioner
- Gain the trust you need to achieve truly transformative results
- Avoid cultural misunderstandings that can harm the therapeutic alliance

**Ellicott City, MD**  
Friday, October 18, 2019

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# Social Justice, Ethics, and Multicultural Issues for Mental Health Professionals

Effective treatment focuses on the whole person. The thoughts, behaviors and sufferings of your clients are intimately connected to the social and cultural contexts in which they live.

**Without seeing your clients in their entirety, you could fail to recognize the unique challenges, stressors, barriers and burdens that can lie at the heart of their mental health issues.** But even therapists can feel uncomfortable with conversations surrounding racial, cultural, sexual, economic and religious issues. And cultural stigmas and distrust born from societal power dynamics can cause some clients to hold back in therapy or leave treatment entirely.

**This inspiring class will open your eyes to the struggles of disenfranchised or marginalized populations, and give you practical and innovative techniques so you can comfortably and successfully work with them in treatment.** You'll leave able to more capably assess clients, avoid cultural misunderstandings that can harm the therapeutic alliance, and gain the trust you need to achieve truly transformative results.

**It's time to be the change you wish to see.**

**Sign up today** and feel the satisfaction and joy that come with being a better advocate for clients individually, communally and globally!

## Speaker

**Lisa Connors, LCPC, NCC**, is a Licensed Clinical Professional Counselor and National Certified Counselor who has been in the human services/social work/counseling fields for 30 years. She has worked in a variety of settings providing case management, crisis intervention, and counseling services to the despondent and downtrodden.

Ms. Connors works tirelessly to help others reach their fullest potential in life, helping and empowering others who have been oppressed, stigmatized, marginalized, and victimized. Her greatest passion is working with individuals affected by HIV/AIDS, sexually-transmitted infections (STIs), substance use and mental health disorders, co-occurring issues, violence, abuse, and other forms of trauma.

Ms. Connors has served on the Board of Directors for the Maryland Chapter of the National Association of Social Workers and is the past co-chair of the HIV Planning Group for the State of Maryland.

In addition to her clinical work, Ms. Connors is a college professor at Anne Arundel Community College. She is a member of many organizations, including NAADAC, ACA, and NASW. Ms. Connors earned her Master of Arts in professional counseling from Liberty University, her Master of Divinity from Howard University in Washington D.C., and is pursuing her PhD in psychology at Walden University.

Speaker Disclosures:

Financial: Lisa Connors is a professor at Arundel community College. She receives a speaking honorarium from PESI, Inc.

Non-financial: Lisa Connors is a member of the Association for Addiction Professionals; American Counseling Association; and the National Association of Social Work.

**Questions? Call customer service at 800-844-8260**

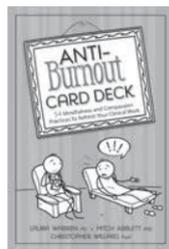
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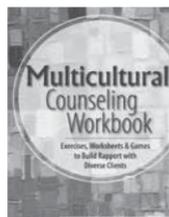
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### Anti-Burnout Card Deck: 54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

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.



### Multicultural Counseling Workbook

By Leslie Korn, Ph.D., MPH, LMHC

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

### Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on October 18, 2019, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/74008](http://www.pesi.com/webcast/74008).

### 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](mailto: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.

**Ethics & Cultural Competency:** This seminar includes 3.0 hours of General ethics and 3.25 hours of cultural competency instruction. No more than 6.25 total CE hours may be awarded for this activity. 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.

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**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.

**Maryland Counselors:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**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.

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PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**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 3.25 Cultural Competency and 3.0 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.

**Who Should Attend:** Social Workers • Counselors • Psychologists • Psychotherapists • Marriage & Family Therapists • Addiction Counselors  
Case Managers • Therapists • Nurses • Other Mental Health Professionals

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SOCIAL JUSTICE, ETHICS, AND MULTICULTURAL ISSUES FOR MENTAL HEALTH PROFESSIONALS: CLINICAL STRATEGIES FOR INCLUSIVITY, EMPOWERMENT AND IMPROVED TREATMENT OUTCOMES

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### ADA NEEDS

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### 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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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