

## Outline

### Cultural Competencies in Mental Health

Client-centered approach to cultural competence  
Trends in cultural identity development  
Acknowledge cultural differences: terms of reference, racism and stereotypes  
Improve client rapport  
- Make cultural connections  
- Acquire knowledge & skills  
- View behavior within a cultural context  
Exercise: Cultural Self-Assessment

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

Cross-cultural variations in presentations  
Cultural genograms  
Assessments and diagnostic protocols  
DSM-5® Cultural Formulation  
Ethical standards for culturally competent practice  
- Cultural perspectives on therapeutic authority  
- Referring without abandoning  
- Effective self-disclosure  
- Advocacy and social justice  
Exercise: Cultural Formulation Interview

### Overcome Dilemmas in Practice

Working with limited English proficiency and bi/multilingual clients  
When to use an interpreter  
Strategies for working with cultural transference and counter transference  
Avoiding and addressing unintentional cultural offenses toward clients  
Empathizing with victims as well as accused perpetrators of social injustice

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### Interventions & Strategies for Specific Populations

Understand client experiences of sexual identity and gender fluidity  
Strategies for supporting clients when therapist's and client's religious beliefs conflict  
Methods for building rapport with clients with various disabilities  
Adapting therapeutic style to client's cultural presentation  
Case Examples: Cultural experiences therapists often misunderstand

### Overcome Limitations of the Research & Potential Risks

Limited empirical models  
Lack of professional awareness & confidence  
Changing cultural values, needs & expressions  
Incomplete scope: clients, counselors, supervisors, colleagues & community

### Live Webcast Schedule (Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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.

**Target Audience:** Counselors • Social Workers  
Psychologists • Case Managers • Addiction Counselors  
Therapists • Marriage & Family Therapists • Psychiatrists  
Other Mental Health Professionals • Nurses



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## Objectives

1. Implement the DSM-5® criteria and cultural formulation interview to accurately assess for cultural influences as it relates to diagnosis.
2. Recognize biases to improve clinical strategies, rapport, and engagement with a variety of clients.
3. Develop a deep understanding of the impact of varying cultural group experiences to enhance empathy in session.
4. Establish ethical standards for a culturally competent practice related therapeutic authority and self-disclosure.
5. Utilize clinical strategies to address unintentional cultural offenses towards clients to increase treatment effectiveness.
6. Apply skills to overcome cultural barriers such as language, religion and different belief systems to improve session outcomes.



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Too often, therapists feel paralyzed by the fear that they don't know enough about other cultures to try to counsel clients different than themselves.

Attend this workshop and reduce those fears by increasing your understanding of cultural experiences with which you are not personally or professionally familiar.

Without learning multiple languages or becoming an expert on every possible culture, you can become more culturally competent and feel more confident in your ability to counsel any client from any culture. Beyond ethnicity, you will also explore issues of age, gender, sexuality, religion, acculturation, and social justice, as well as opportunities to strengthen the therapist's own cultural self-awareness.

Join **Lambers Fisher, MS, LMFT, MDIV**, for this adventure into the world of cultural competency. Take away immediately applicable and practical strategies to:

- Improve assessment
- Avoid ethical dilemmas
- Overcome fears
- Reduce unintentional cultural offense
- Build significant therapeutic rapport
- Help clients of any cultural background make meaningful change in their lives

You may just want to attend this seminar to receive 3 hours of cultural competency and 3 hours of ethics. You will leave with so much more! This highly engaging and encouraging seminar will challenge you to learn more about other cultures, accept what you do not yet know in the process, and utilize therapeutic strategies that can help you be effective along the journey toward becoming an increasingly culturally competent therapist.

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

## Speaker

**Lambers Fisher, MS, LMFT, MDIV**, is a marriage and family therapist who has counseled individuals, couples, and families from a variety of cultural backgrounds, in private practice, non-profit organization, as well as ministry environments. He has a strong desire to help counseling professionals in various fields feel more comfortable, competent and confident in their ability meet the needs of whomever they have the opportunity to serve. Lambers' training experience includes facilitating workshops, guest lecturing, as well as being an adjunct instructor at Crown College on various aspects of diversity in counseling. Lambers supervises aspiring therapists as a board approved supervisor for the Minnesota Board of Marriage & Family Therapists as well as the Minnesota Board of Behavioral Health.

Currently, Lambers is a therapist in private practice where he effectively balances personal and professional experiences to provide unique and practical perspectives on a variety of culturally sensitive topics. He obtained a Master of Science in Marriage & Family Therapy as well as a Master of Divinity from Fuller Theological Seminary in Pasadena, CA.

**Speaker Disclosure:**  
Financial: Lambers Fisher has an employment relationship with Restorations for Life Counseling. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Lambers Fisher is a member of the American Association of Marriage and Family Therapists.



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**Marriage and Family Therapists** - AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

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\*includes up to 3.25 hours of general ethics instruction.

\*includes up to 3.0 hours of cultural competency instruction.

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### National Approvals

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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, 2020 - January 27, 2023. Social Workers completing this course receive 3.25 Ethics and 3.0 Cultural Competency 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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

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