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

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Live Webcast Schedule **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

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
- 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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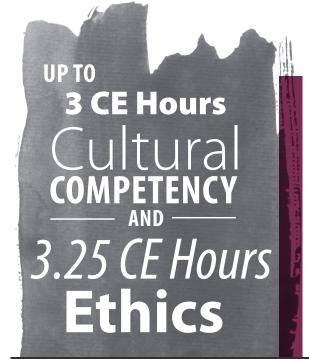
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- Strategies to improve rapport with diverse clients
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- Adapt treatment for specific groups



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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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



Multicultural

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, quest 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 - AL, AZ, CA, CO, CT, DC, DE, FL. HI. IL. IN. MD. MO. NE. NH. NJ. NM. NV. NY. OH. OR. PA. RI. SC, SD, TN, VA

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*includes up to 3.25 hours of general ethics instruction and 3.0 cultural competency.

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