

Outline

Why Culture Is Important in the Couples Counseling Relationship

What is culture? Why is it relevant?
Synthesizing culture & personal identity
The clinician's self-assessment
Acknowledging your own cultural biases

Understanding Cross-Cultural Couples

Understanding cross-culturalism & multi-culturalism
Assess differences in geography/region, socioeconomic status
Assess differences in ethnicity, religion
Appraise differences and its impact of culture to relationships
Conversational tools, 3-session model and other interventions

Common Differences in Cross-Cultural Counseling

Understanding 'cultural lens' for you and your clients
How to recognize outside negative attitudes (i.e. discrimination)
How to educate your clients on each other's culture and see their worldviews

Manage Family Confrontation and Address Racism Within the Family

How to resolve academic, religious educational, socioeconomic differences
How to address newsworthy, timely or political differences
Cultural avoidance & its negative impact to relationships

Help Your Couples Use Culture as a Strength

Assess their individual and shared culture in couples counseling
Formulate background history, upbringing, assimilation and acculturation stages
Differentiate between overt vs covert discriminatory practices

Couples Counseling Interventions

Help your clients create a culture in their household that works for them
Facilitate a thorough culturally relevant couples' assessment
Exercises and case reviews

Speaker

Kia James, EdD, LCPC, LPC, is a Licensed Professional Counselor, an adjunct professor, and a relationship therapist. She specializes in helping people have the best relationship with their self, so they can also have strong healthy relationships with others. As a result of moving around frequently during her early years, she realized that how you view yourself in the world has a profound impact on your mental health and well being; therefore, she dedicated her life to improving one's mental and emotional health, and creating healthy connections with others. Dr. James provides individual and couples counseling. She also facilitates diversity training for therapists, and teaches therapists how to deal with cultural diversity issues when working with couples. She graduated from Bowie State University with a BA in psychology, and she continued her education, and gained her Masters and Doctorate in counseling from Argosy University, also known as, The American School of Professional Psychology. Dr. James has completed the level 3 training with the Gottman institute, specializing in helping couples attain healthy relationships. She is also an approved Gottman Educator for the Seven Principles for Making Marriage Work.

Speaker Disclosures:

Financial: Kia James is co-owner of Relationship Boosters. She is an adjunct faculty at Trinity Washington University. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kia James has no relevant non-financial relationship to disclose.

Carol-Ann Trotman, LCPC, holds a Master of Science in clinical community counseling from Johns Hopkins University, and a Bachelor of Science in psychology from Howard University. She resides in the D.C., Maryland, Virginia area but grew up in New York City and was born in Barbados. Since 1999, Carol-Ann has worked in the field of mental health and has been a psychotherapist in the state of Maryland since 2010. She has extensive experience in several settings including department of corrections, hospitals (inpatient and emergency department), outpatient mental health clinics, domestic violence shelters, and DC Core Services agencies. Carol-Ann also has specialized training in Gottman Method Couple's Therapy, Prepare/Enrich, and sex therapy.

Speaker Disclosures:

Financial: Carol-Ann Trotman maintains a private practice. She is the co-owner of Relationship Boosters, LLC. Ms. Trotman receives a speaking honorarium from PESI, Inc.

Non-financial: Carol-Ann Trotman has no relevant non-financial relationship to disclose.

Monika Cope-Ward, LCSW-C , earned her Master's Degree in social work from Howard University, Washington, D.C. She has been a licensed therapist practicing in Maryland since 2008. Since 2001 she has worked in private and public mental health organizations providing services in settings such as community health programs for children and adults, outpatient mental health clinics and hospitals (inpatient and emergency department), and worked for many years as an auditor/trainer of mental health providers throughout the state of Maryland. Monika has received extensive training on Gottman couples therapy methods, sex therapy and has completed the Prepare/Enrich certification for therapists. She is passionate about helping people actualize their potential and relationships.

Speaker Disclosures:

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Cross-Cultural Couples Counseling Strategies to Navigate Multiculturalism in Racial & Ethnic Diverse Couples



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Earn up to 6.25 CE Hours of Cultural Competency!

- Develop effective strategies to bring culture into the counseling session
- Help your clients identify, bring up and overcome racial barriers within family, professional and personal relationships
- Gain practical tools to facilitate difficult conversations about racism, discrimination and bias



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Cross-Cultural Couples Counseling

Strategies to Navigate Multiculturalism in Racial & Ethnic Diverse Couples

If you are not bringing cultural background, race, moral beliefs and socioeconomic differences into the conversation during couples counseling, you are missing a critical step to be able to help your clients.

You may think it's just a small disagreement they are bringing up in-session, but really the root of the disagreement could be embedded in cultural background, religious beliefs or how an individual was brought up. If you don't help your struggling couples bring culture background/beliefs into the discussion, it turns into an argument of who is right and who is wrong and treatment progress is stalled.

Attend this workshop and learn how to provide your clients with the tools to clearly address cultural differences – even if they are addressing it for the first time individually or as a couple – so they can overcome racism, discrimination, socioeconomic, regional, educational or familial differences.

Join three dynamic couples counseling experts Kia James EdD, LCPC, Monika Cope-Ward LCW-C, and Carol Ann Trotman LCPC that bring combined decades of experience with bi-racial, multiracial and cross-cultural couples and family counseling.

These experts will help you successfully identify, bring up and navigate cultural issues in the counseling relationship. Upon completing this seminar, you will be able to:

- Facilitate a healthy dialogue with your clients about culture and its role in their relationship
- Achieve a heightened awareness of personal unconscious biases and how those beliefs automatically influence work with couples of different backgrounds.
- Identify and define culture based on the perspective “what really matters to people” and the many ways it expresses itself through ethnicity, race and nationality.
- Improve their understanding of culture and subcultural components that impact the couple-socio/economic, religious, sexuality, gender, etc.

Register Today – Get the tools and ask the questions you were afraid to ask to empower your clients with your renewed confidence and cultural competency in couples counseling!

Objectives

1. Determine the Issue of culture in the context of couples therapy.
2. Distinguish the different types of cross-cultural couples counseling.
3. Evaluate how to bring culture into the counseling session.
4. Use culture as a tool during the assessment process.
5. Address cultural issues in the context of therapy.
6. Appraise strategies to facilitate effective communication.
7. Assess couples counseling theories and interventions that work.

Live Webcast Schedule

(Times listed in Central)

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:

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Couples Counselors • Counselors • Social Workers
Psychologists • Addiction Counselors • Nurses
Other Mental Health Professionals

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***includes up to 6.25 hours of cultural competency instruction.**

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

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