

## Outline

### Keys to Cultural Humility

What is cultural humility – and how to make it work for you  
Cultural competency vs. cultural humility  
The necessity for cultural humility and cultural attunement  
Exercises for developing cultural humility

### The “Journey Story” for Foreign Nationals & Immigrants

Discern between varying diverse immigrant experiences.  
Risk assessment of foreign nationals and immigrants  
How to tell your story when it’s illegal, violent or misunderstood  
Tactical tools for addressing client trauma: “Telling My Story”

### Appraising Unique Challenges of Foreign Nationals

Understanding why some clients live in constant fear  
Deportation concerns and resources to address client needs  
Assessing needs related to family separations

### Trauma Interventions for Foreign Nationals

Processing experiences of rape, war, violence of the past  
Living with the fear of deportation and violence  
Rewriting the client narrative  
Psychoeducation & coping skills exercises

### Practical Tools for Advocacy, Basic Needs and Direct Services

Assess why immigrants are vulnerable to increased risk for negative outcomes  
“Essential Worker” challenges  
Providing psychoeducation on medical and health needs

How to help access advocacy & basic needs information  
Understanding food insecurity, shelter, health and other direct service needs

### Culturally Sensitive Treatment Plans

Assessment tools for immigrant PTSD  
Appraising racism and discrimination in relationships, family, work and community  
Creating clinician-client collaboration content  
Adopting language & acculturation methods  
Resilience, social support & specific coping mechanisms

### Trauma Interventions for Children

Play therapy for retelling their story/narrative  
Differences in play therapy for vulnerable populations  
Sandtray therapy for racism, discrimination, genograms  
Tools for building immediate & lifelong resilience

### Interventions for the Family Unit

Activities, family skills’ building  
How to honor past experiences and rebuild the family narrative

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

**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.

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or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## Objectives

1. Conduct a self-appraisal of cultural humility to raise self-awareness about your own values, biases and privileges and how they can affect your clinical work.
2. Assess specific risks and exposures immigrants face before and after entering the U.S. and how they can impact mental health.
3. Develop culturally sensitive treatment plans for working with immigrant populations that account for differences in languages, classes, races, ethnic backgrounds, religions, and other factors.
4. Apply concrete and feasible strategies for assisting immigrant clients with advocacy, health and other direct service needs.
5. Utilize culturally sensitive coping skills exercises and psychoeducation to reduce fear and anxiety.
6. Apply trauma-informed practices from play therapy and sandtray therapy to assist immigrant children and families in telling their story.



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# Trauma-Informed Responses to Racial Injustice

## Interventions for New, Diverse or Vulnerable Populations

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# Trauma-Informed Responses to Racial Injustice

## Interventions for New, Diverse or Vulnerable Populations

- How to help clients facing violence, deportation, and family separation
- Cultural humility exercises to empower you and your client
- Resilience building interventions for essential workers and vulnerable populations
- Trauma intervention plans for immigrant, foreign national and individuals living in constant fear
- Culturally sensitive treatment plans that address racism, discrimination and basic needs

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# Trauma-Informed Responses to Racial Injustice

## Interventions for New, Diverse or Vulnerable Populations

Do these racially-charged times leave you and your clients asking: Am I safe? Do I belong? Is your heightened sensitivity toward the racially-charged social and political climate holding you back from robustly treating your clients struggling with racial injustice?

Gain the confidence, cultural competency and trauma interventions to empower your most vulnerable clients! Join Dr. Charissa D. Pizarro a licensed clinical psychologist with over 15 years of clinical experience working with diverse clinical populations on trauma and adjustment disorders in addition to extensive research and policy experience on immigration.

You will gain immeasurable insight from Dr. Pizarro on how to address diverse populations AND practical, step-by-step recommendations and resources in providing tactical solutions for your clients facing deportation, violence, family separation, or meeting their basic needs. Upon completing of this seminar, you will enhance your toolbox with:

- Cultural humility exercises to better connect with existing and potential clients
- Culturally sensitive treatment plans that address racism and discrimination within the family, at work or school, in the community and elsewhere
- Tactical tools to help your clients access advocacy, basic needs, direct service needs such as food, shelter and healthcare.
- Resilience interventions for diverse children and adult populations

Register today and take the incredible step toward empowering yourself and your clients!

## Speaker

**Dr. Charissa D. Pizarro**, is a bilingual (English/ Spanish) licensed clinical psychologist with over 15 years of clinical experience working with diverse clinical populations. She has devoted her career to working with the underprivileged and most needy populations. At present, she heads two grant funded child protective services programs. Dr. Pizarro has a private practice where she treats presenting concerns such as depression, anxiety, trauma and adjustment disorders. In her private practice, Dr. Pizarro works with many undocumented individuals via immigration evaluations. Often individuals seek evaluation for hardship and pardon. The evaluations are often a determining factor in staying or leaving this country and in maintaining or dissolving a family unit. Dr. Pizarro is an avid advocate for immigrant rights and belongs to the APA: Immigration Advocacy Working Group, in Washington DC. This group works on advocating for policy changes related to immigration. Through her membership in the Latino Mental Health Association of NJ, Dr. Pizarro recently presented a pro bono workshop titled “Working with Latinx Populations: Special Considerations for Undocumented Immigrants and Survivors of Trauma.” Dr. Pizarro is also a member of APA’s Div 37 Diverse Racial Ethnic And Multicultural Special Interest Group (DREAM SIG). In November 2019, Dr. Pizarro was a delegate for the APA in Portugal.

Dr. Pizarro has been awarded multiple awards for her work with children and families as well as her work in social justice.

Speaker Disclosures:

Financial: Charissa Pizarro maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Charissa Pizarro is a member of the American Psychological Association; and the Latino Mental Health Association.



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

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