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

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 Webinar 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.

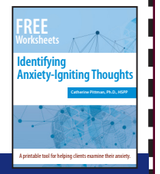
Target Audience: Counselors • Social Workers Psychologists • Case Managers • Addiction Counselors Therapists • Marriage & Family Therapists • Psychiatrists Other Mental Health Professionals • Nurses • Physicians

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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. Analyze 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. Devise 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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Multicultural AWARENESS & Diversity

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
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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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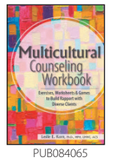
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By Leslie Korn, Ph.D., MPH, LMHC
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The Self-Compassion Deck
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