

## 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 Webinar 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.

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

## 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.

Limited time only

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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
- 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!**



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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 organizations, 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 to 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 is the author of the award-winning book, *Diversity in Clinical Practice: A Practical & Shame-Free Guide to Reducing Cultural Offenses & Repairing Cross-Cultural Relationships*.

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. 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. 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 employment relationships with Christian Heart Counseling. He is an adjunct instructor at Crown College. Mr. Fisher receives a speaking honorarium, book royalties, recording royalties, and a consulting fee from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Lambers Fisher has no relevant non-financial relationships.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Case Managers, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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



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This course has been awarded 6.25 clock hours by the Commission for Case Manager Certification. Full attendance is required. Please note - this program has not been pre-approved for ethics credit.

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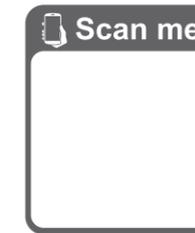
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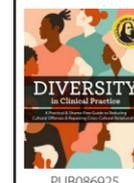
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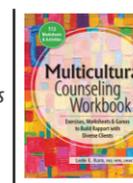
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