

Outline

Cultural Competencies in Mental Health

Evidence-based approach to cultural competence
Trends in specific locale: variation and mental health needs

Exercise: The universal, cultural and individual

Ethics & the DSM- 5®: Guidelines for the Integration of Cultural Competencies

Cross-cultural variations in presentations
Cultural concepts of distress
DSM-5® cultural formulation
Cultural factors influencing clients’ perspectives of their symptoms and treatment options
Ethical standards for culturally competent practice

Overcome Dilemmas in Practice

Working with limited English proficiency and bi/multilingual clients
When to use an interpreter
Distinguish cultural and racial factors in mental health care
Recognize intersections of gender, race, age, ethnicity, religion, class, etc.
Anticipate possible points of transference and resistance

Exercise: Analyze intersecting identities and positionalities

Objectives

- 1. Apply DSM-5® cultural formulation to accurately assess cultural influences on diagnosis and treatment planning.
- 2. Review ethical standards for a culturally competent practice to inform clinical assessment and treatment.
- 3. Identify multiple intersecting identities and positionalities to build rapport and engagement with diverse clients.
- 4. Utilize clinical strategies to adapt interventions for clients from different cultural and ethnic groups.
- 5. Apply skills to overcome cultural barriers such as class, language, religion and different belief systems to improve treatment outcomes.
- 6. Increase treatment effectiveness by recognizing different cultural values and unintentional microaggressions.

Interventions & Strategies for Specific Populations

Overview of trauma in cultural context
Assessments and tools
Medication: use and belief systems
Collaborate with traditional and/or natural healing practices
Integrate and adapt interventions for different clients
Individualist versus collectivist adjustments
Cognitive-behavioral modifications
Psychodynamic variations

Exercise: Broaching culture, ethnicity and race

Limitations of Research and Potential Risks:

Methodology and sampling
Internal validity of design
Generalizability of results
Applications and utility

Live Webinar Schedule

(Times listed in Mountain)

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.

Limited time only

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Featuring, **D. John Lee, PhD**

- Cultural and racial factors in mental health care
- Adapt treatment for specific groups
- Case studies and experiential exercises

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Cultural COMPETENCY & Diversity

I was raised in Vancouver, British Columbia, during an era when Canadians embraced the value of being a multicultural nation. I remember in college spending a semester studying French in Quebec City and experiencing what it is like to be a “fish out of water.” When I moved to the United States as a graduate student to study cross-cultural counseling, I had to learn how Americans think about diversity.

Now, after 35 years of research, teaching, consulting, and clinical work in the U.S.A., I have a keen understanding of the challenges of providing mental health services in a multicultural and diverse society.

When you attend this seminar, I will outline the knowledge, awareness and skills that clinicians need to develop in order to work ethically, efficiently and effectively with people from different cultures and ethnic groups. Your confidence will grow as you will learn:

- The challenges of cultural competency.
- The need to build rapport and anticipate points of possible resistance.
- Empirically-validated self-assessments to evaluate your strengths, growth areas and design a professional development plan.

You may just want to attend this seminar to receive **3 CE hours of cultural competency and 3.25 CE hours of ethics**. But, I guarantee you will leave with so much more. This highly engaging and experiential seminar will challenge you to explore the intersection of your belief systems with your clinical work, and allows you to become more confident as a culturally sensitive clinician.

Gain a reputation for being the premier therapist in your community for working with diverse clients!

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
Therapists • Marriage & Family Therapists • Nurses • Other Mental Health Professionals



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Meet Your Speaker



D. John Lee, PhD, is a licensed psychologist working for CHE Behavioral Health Services who provides psychological services to residents of a variety of assisted-living and residential care facilities. He has served as Senior Psychologist and Employee Assistance Program Coordinator at New Mexico State University's Aggie Health and Wellness Center, and the Coordinator of the Multi-Ethnic Counseling Center Alliance (MECCA) at Michigan State University's Counseling Center. Dr. Lee provided crisis intervention, individual and group therapy, supervision, consultation, psychoeducation, outreach and advocacy for marginalized student populations. He also facilitated doctoral seminars on culturally competent and racially responsive assessment and treatment for the Centers' APA-approved internships in professional and integrated health service psychology. Dr. Lee has worked in private practice, outpatient clinics and university counseling centers for 27 years.

Dr. Lee is a dynamic presenter and storyteller, and holds a certificate as an Action Methods Facilitator from the Michigan Psychodrama Institute. He has been a keynote speaker and consultant for over 100 universities, colleges, public agencies, and private companies throughout the United States and Canada. Dr. Lee has degrees from the University of British Columbia, Western Washington University, and Kansas State University. He has edited five books and contributed several articles to professional and scholarly journals. John was born and raised in Vancouver, British Columbia, Canada, and now lives in Buffalo, NY.

Speaker Disclosure:

Financial: D. John Lee has an employment relationship with CHE Behavioral Services. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: D. John Lee has no relevant non-financial relationships.

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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 hours of cultural competency instruction.**



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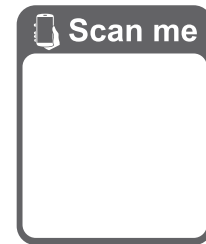
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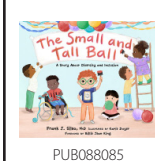
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