

## 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@: 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
- Avoid and address unintentional cultural offenses toward clients
- Empathize with victims as well as accused perpetrators of social injustice



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

### 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
- Adapt 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 Seminar & Webcast Schedule

(Times listed in Eastern)

- 7:30 a.m. Registration/Morning Coffee & Tea
- 8:00 a.m. Program begins
- 11:50 a.m.-1:00 p.m. Lunch (on your own)
- 4:00 p.m. Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

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

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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. Recognize 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. Establish ethical standards for a culturally competent practice related therapeutic authority and effective 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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Featuring  
**Lambers Fisher, MS, LMFT, MDIV**

- Strategies to improve rapport with diverse clients
- Case studies and experiential exercises
- Adapt treatment for specific groups

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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 up to 3.25 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!**



**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.

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.

**Have a seminar idea? A manuscript to publish?**

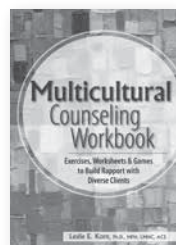
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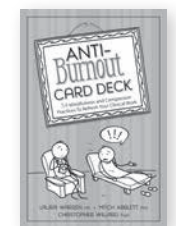


## Multicultural Counseling Workbook:

*Exercises, Worksheets & Games to Build Rapport with Diverse Clients*

By **Leslie Korn, PhD, MPH, LMHC**

Use this powerful tool to explore cultural communities, religion, spirituality, gender, sexuality and disability. 113 unique activities to help you reflect on your own attitudes, prejudices, and develop new skills for working with and building rapport with diverse clients.



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### Live Webcast Details and Live Webcast Continuing Education Credit Information

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Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/62183](http://www.pesi.com/webcast/62183)

### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.*

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

**ETHICS & CULTURAL COMPETENCY:** This seminar qualifies for 3.25 hours of General ethics and 3.0 hours of cultural competency instruction. No more than 6.25 total CE hours may be awarded for this activity. If ethics is not specified within your licensing board's approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Legal, Ethical and Professional Development skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been approved by OASAS for 6.25 clock hours toward Initial Credentialing for CPP Section #1 or CPS Section #1 or Renewal for CASAC or CPP or CPS. Board required certificates will be sent after the program.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NEW JERSEY COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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ASWB NJ Continuing Education Course Approval Program for the New Jersey Board of Social Work Examiners.

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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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