

Guidelines For Cultural Competency in Practice with Children and Families

Cultural competence in providing mental health treatment is one of the most overlooked issues amongst today's psychologists. This workshop will provide a brief review of relevant research and models of cultural competency in the practice of psychology, highlighting common challenges for both practitioners and clients. Worldview differences pertaining to race, ethnicity, and religion and its implications for the therapeutic relationship will also be discussed. Specific implications related to child, adolescent, and family therapy will be explored. Practical skills will be offered to clinicians seeking ways of understanding their clients' cultural values and creating a safe environment for therapy as it applies to children and adolescents. Experiential exercises will be included to bring to light how cultural group membership may not be visible or considered in working with clients. Participants will then be given opportunities to learn how to apply reviewed theories in practice using case examples.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Summarize current models of cultural competence and theory in practice
2. Identify key questions and skills for understanding cultural relevance to treatment in children and families
3. Identify value systems and considerations for treating several ethnic minority populations
4. Name examples of cultural challenges among clients, families, and clinicians in the therapeutic relationship
5. Apply skills in cultural competence in case vignette examples

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 10 AM ET

History of cultural awareness and competency in practice

Worldview differences that can impact therapy

Experiential exercises for clinician cultural awareness

Break 11:30-11:45 AM ET

Understanding cultural implications working with children and families

Case examples of application of culturally sensitive tools in practice

End 1:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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The Presenter

Dr. Hessler is a licensed psychologist and the founder and director of the MINDset Center, in Bel Air, Maryland. She has held faculty appointments at Towson University and Loyola University in Maryland. She earned her doctoral degree in clinical psychology at Loyola University in Maryland, and completed internship and post-doctoral fellowship training in pediatric psychology at the Kennedy Krieger Institute and Johns Hopkins School of Medicine. Dr. Hessler's clinical specialties include cultural challenges in practice, evaluation and treatment of anxiety, learning differences, and psychological complications associated with chronic illness across the lifespan, and she frequently speaks on these topics in the community and school settings. Dr. Hessler has also served on the boards of the International Dyslexia Association and Indian Psychiatric Association in Maryland. She is currently president-elect of the Maryland Psychological Association.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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