

Working with Arab and Middle Eastern Population: Cultural and Clinical Considerations

The Arab/ Middle Eastern community constitutes a culturally rich and diverse ethnic group; however, in contrast to other ethnic groups in the United States, this group has received little attention in the literature. This seminar will provide a brief description of Arab populations with regard to ethnic, religious and cultural backgrounds. It will also explore the impact of actual and perceived experiences of discrimination and prejudice on Arab client mental health. Finally, this seminar will present recommendations for culturally sensitive treatment interventions for clinicians who wish to work with this population.

Target Audience
Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course Level: Advanced

- Learning Objectives**
At the end of this seminar, participants will be able to:
1. Delineate cultural, ethnic, and religious backgrounds of Arab populations living in the United States of America.
 2. Describe factors impacting acculturation and ethnic identity formation for Arab populations.
 3. Identify the challenges faced by Arabs as part of the acculturation process in the USA.
 4. Identify cultural factors and barriers that impact treatment utilization of Arab individuals.
 5. Identify practical recommendations for clinicians working with Middle Eastern/ Arab clients.

Seminar Schedule
This seminar runs from 10-1:15 PM Eastern Time.

How To Register:
On-Line at tzkseminars.com
Register On-Line for only \$69

Outline
Begin 10 AM ET
Characteristics of Arab Immigrants
Acculturation Patterns
Cultural and Religious Values
Break 11:30-11:45 AM ET
Barriers for Treatment Utilization
Culturally Sensitive Treatment Interventions
End 1:15 PM ET

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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 up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.
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The Presenter
Dr. Mary N. Iskarous began mental health service in her home country of Egypt where she served as Director of the Drug Proofing Your Kids program in Cairo, Egypt. During her service, she witnessed the impact of stigma, prejudice, and isolation of those suffering from mental illness, substance abuse, and sexual identity concerns. She felt compelled to seek additional education that would enable her to help preserve the dignity of these vulnerable populations as an advocate and mental health professional. Dr. Iskarous sought graduate education in the United States and graduated with her Doctorate in Clinical Psychology from Regent University in 2013. In line with her passion for Arab populations, her graduate research explored the experiences of Arab Americans with same sex attraction and highlighted the challenges this group faces as they develop an integrated sexual and ethnic identity. Her interest in working with ethnic and sexual minorities has led to ongoing efforts to provide education to clinicians interested in working with Arabic speaking persons. Additionally, Dr. Iskarous has pursued opportunities to provide care for individuals with severe mental illness and those with comorbid disorders. She currently works at as a licensed clinical psychologist at an inpatient psychiatric hospital in Virginia, where she provides services as part of a recovery-oriented and trauma-informed treatment program.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.
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