

## BHSD Learning Partnership Presents:

# Practicing Cultural Humility: Working Effectively with Immigrants & Refugees

**Matthew R. Mock, PhD**, has maintained a longstanding private clinical and consulting practice in Berkeley, California. He is also a professor of graduate psychology teaching the "next generation" of diverse mental health providers. Dr. Mock has had a dedicated career, spanning decades, in addressing mental health concerns in the California Bay Area and beyond with an emphasis on community mental health, multiculturalism and diversity, ethnic families, and cultural competence in service delivery. Dr. Mock was the Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley Mental Health Division for over 20 years and went on to serve as the statewide Director for the Center of Multicultural Development with the California Institute for Mental Health. He is active on several advisory boards including the National Center for School Mental Health (UCLA & University of Maryland, Baltimore) and the JED Foundation. As a frequently invited speaker, trainer, consultant and an accomplished author, he has humbly received numerous awards and special commendations such as the Cultural and Economic Diversity Award from the American Family Therapy Academy and the California Statewide Cultural Competence Award from the Department of Mental Health. In 2019, Dr. Mock was presented a lifetime Distinguished Contributions Award from the national Asian American Psychological Association (AAPA).

### Target Audience:

Santa Clara County Behavioral Health Services staff and contracted agencies.

### COURSE DESCRIPTION:

Immigrants, refugees and those arriving from other countries have always been significant contributors to this nation. Individual and family histories, and stories of arrival to the U.S. impact the mental health and adjustment of immigrants, refugees, and those displaced to their new home. In order to provide culturally competent services to these diverse individuals, families and their communities, there must be special considerations given an array of issues including social adjust-

**COURSE OBJECTIVES:** Providers of direct care services to immigrants and refugees must understand their differing situations, circumstances, mental health needs as well as effective treatment approaches.

By the end of the workshop, attendees will be able to:

1. describe and list (at least 3) ways relocation and migration impacts those displaced, forced to arrive, including immigrants and refugees, that can be sources of mental stress;
2. identify and list (at least 3) imperatives for working with immigrants and refugees with a focus on sources of strength and resilience that can contribute to mental health and wellness;
3. discuss ways (at least 3) of how the role of trauma has an impact on the lives of immigrants and refugees;
4. list principles (at least 4) of forming effective working relationships and partnerships with immigrant, refugee and other migrant communities including the role of trauma-informed care and "self-of-the-therapist".

\*\*\* The Santa Clara County Behavioral Health Services Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for the program/course and its content. This course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP) and CA Association for Alcohol/Drug Educators (CAADE) and the Board of Registered Nursing (BRN) to provide CEUs. Lunch and scheduled breaks during the training do not count towards CEU credit.

**Post test will be available immediately after the training and open for only 30 min. Participants must pass the post test with 80% and higher to receive CEU credits.**

\*\*\* Please contact Learning Partnership if you need accommodations for one of our trainings at 408-792-3900 or LPTraining@hhs.sccgov.org.

\*\*\*If you have any questions or need support please contact Learning Partnership at 408-792-3900 or email LPTraining@hhs.sccgov.org

\*\*\*You can download/print your own CEU Certificate online at sccLearn 2-4 weeks after the training date.

**Our Trainings are free-register on line at: sccLearn**

**March 11, 2022**  
**9:00 AM - 4:30 PM**

**ZOOM**

**Instruction to join the training will be emailed to sccLearn registrants 1 business day prior to the training.**

**WebCam Participation is required for CEU**