

Cultural Effectiveness in Practice with Asian Americans: Strength and Resilience Amid Adversity and Complexity

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is Professor of Counseling Psychology with the College of Graduate and Professional studies at John F. Kennedy University (Pleasant Hill, Berkeley, and San Jose). He has also had a longstanding private clinical and consulting practice with a specialty in diversity, cultural competence and social justice. Dr. Mock received his Bachelor of Arts degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the CA School of Professional Psychology (CSPP). He served as the statewide Director of the Center for Multicultural Development with the CA Institute for Mental Health in Sacramento, CA. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley Mental Health Division where he was practicing for over 20 years. He was also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University (JFKU) focusing on diverse children and families. He has published extensively in the areas of multiculturalism, diverse families, trauma, and social justice.

Target Audience:

Santa Clara County Behavioral Health Services staff and contracted agencies.

COURSE DESCRIPTION:

Cultural competency, responsiveness and humility are imperatives in clinical and service practices in working with Asian American individuals, families, and communities. This means understanding the diversity and complexity of Asian Americans and Pacific Islanders (AAPI) as well as understanding ourselves, the client's worldviews and perspectives of mental health. Linguistic understanding means appreciating the use of interpreters as well as conceptually bridging understanding of mental illness and wellness. With experiences in current context, there will be a sharing of social movements and relational practices, including those used by therapists with Asians and Asian Americans, to confront, rise above, and remain resilient from the "virus" of xenophobia. This presentation also honors May as AAPI Heritage Month during which we will reassert commitments to always "Serving Community Needs (SCN)".

COURSE OBJECTIVES:

Participants will:

- 1) Identify reasons (at least 3) why Asian Americans underutilize certain services (such as mental health) or are underserved in certain treatment services
- 2) List several service recommendations (at least 3) that are culturally responsive and moving towards "culturally competent" for certain Asian American clients, families and their communities including recommended practices
- 3) Articulate by listing (at least 3) aspects of their own diversity which may impact rapport and processes for working effectively with Asian Americans
- 4) Identify evidence-based practices (at least 1) and practice-based/community-defined evidence relevant (at least 1) to providing behavioral health services to Asian Americans
- 5) Describe the linguistic and status diversity issues (at least 3) of Asian American and Pacific Islander communities including immigrant and refugee trauma, and ways of viewing mental illness and sources of wellness.

*** 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 approved agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP). Lunch and scheduled breaks during the training do not count towards CEU credit.

- ◇ Contact Learning Partnership if you need accommodations for one of our training at LPTraining@hhs.sccgov.org.
- ◇ Do You Have a Grievance? Contact Learning Partnership at LPTraining@hhs.sccgov.org.
- ◇ You can download/print your own CEU Certificate online at sccLearn 3-5 weeks after the training date.
- ◇ Our Trainings are free. Register online at sccLearn.
- ◇ Zoom link and handout will be emailed to the registrants 1 day before the training.

FOR CEU Requesters: WebCam participation is required. 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. No retake.

**Registration Deadline is 2 business day prior to the training.
No walk-in/add-on. (Please do not share the zoom link).**

**May 6, 2022
9:00 AM - 4:30 PM**

ZOOM

WebCam Participation is required for CEU