A Shame-Free Path to Cultural Competence

Rising to the Challenge

LAMBERS FISHER

Even with an increased appreciation of the importance of multicultural awareness, many therapists feel confused about how to work effectively with clients from different cultural backgrounds. Too often, fear of even inadvertently offending a client constrains them and flattens the therapeutic experience. Fortunately, most therapists already possess the tools they need to reduce misunderstandings and repair relationships when unintentional transgressions occur. Exploring cultural issues beyond ethnicity (gender, religion, age, etc.), this workshop will offer practical strategies to help you feel more comfortable in your ability to meet the needs of whomever you have the opportunity to serve. You'll discover:

- Specific strategies to address cultural differences as well as reduce and repair offenses that can damage the therapeutic relationship
- How to identify and incorporate a variety of culturally relevant influencing factors in treatment
- Ways to increase cultural self-awareness and other-awareness to improve rapport building in sessions
- Note: This workshop fulfills many state board requirements for training in cultural competency.

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Learning Objectives:

1. Demonstrate the use of clinical strategies to address and reduce cultural offenses in the therapeutic relationship.
2. Appraise a greater variety of culturally significant influencing factors on treatment.
3. Determine how to increase cultural self-awareness and other-awareness to improve rapport building in sessions.
4. Evaluate ways to increase your confidence in your ability to effectively treat clients from all cultures.

Outline:

Demonstrate the use of clinical strategies to address and reduce cultural offenses in the therapeutic relationship.

a) A Client-centered approach to cultural competence
b) Strategies for identifying & addressing microaggressions

Identify a greater variety of culturally significant influencing factors on treatment.

a) Ethical implications of cultural competence in assessment and treatment
b) Cultural experiences therapists often misunderstand (e.g. ethnicity, diverse families, age, gender, religion)

Describe how to increase cultural self-awareness and other-awareness to improve rapport building in sessions.

a) Clarifying commonly misunderstood diversity language
b) Application of cultural competence on client rapport as well as advocacy

Explore ways to increase your confidence in your ability to effectively treat clients from all cultures.

a) Strategies for increased self-awareness and acceptance
b) Reducing barriers of shame and guilt in increasing cultural competence

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