

BHSD Learning Partnership Presents:

Practicing Cultural Humility: Working Effectively with Immigrants & Refugees: Asian Americans as a Special Reference

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:
County of Santa Clara's Behavioral Health Services and Contract Provider staff.

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 migrant families arriving to their new home. In order to provide culturally responsive services to these diverse individuals, families and their communities, there must be special considerations given an array of issues including social adjustment, experiences of losses, acculturation and more. Trauma-informed care, significant in clinical approaches, will be presented. With May being Asian Pacific American heritage month, examples from these communities will be additionally referenced.

Course Objectives:

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

1. Describe and list (at least 3) ways relocation and migration impact 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."
5. Describe social examples (at least 3) that are manifestation of anti-immigrant sentiments or perpetuation of the "perpetual foreigner" stereotype.
6. List sources of strength and resilience (at least 3) that correlate with adjustment and wellness among immigrants, refugees and new migrants, including APAs as an example.

Continuing Education Information

County of Santa Clara's Behavioral Health Services Department (CSCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for the County of Santa Clara's LMFTs, LCSWs, LPCCs, and/or LEPs. CSCBHSD maintains responsibility for this 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. CSCBHSD also is approved by California Consortium of Addiction Programs and Professionals - Educational Institute (CCAPP-EI), Provider Number 4S-95-305-0425 for 6 CEHs. Lunch and scheduled breaks during the training do not count towards continuing education credit.

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- If you have questions, need accommodations, or have a grievance, please contact LPTraining@hhs.sccgov.org.
- CE Certificates will be available to download in sccLearn 2-3 weeks after the training date.

May 13, 2024
9:00 AM - 4:30 PM

Virtual training
on
ZOOM