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# Ethical Standards & Multiple Diversities

## Strategies for Deepening Cultural Sensitivity

Featuring

**Ken McManus, M.Ed., L.P.C. & Samara C. Kezele Fritchman, LMHC, Ph.D., J.D.**

Lynnwood, WA ..... Tuesday, March 27, 2012

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Walk away with a practical understanding of issues in diversity and specific, tangible strategies for addressing these in your practice!

Be fully aware of Ethical Standards and the Depth of Diversity

Learn how to Weave Diversity Competence into Clinical Practice

## Strategies for Deepening Cultural Sensitivity

# Ethical Standards & Multiple Diversities

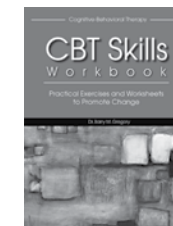
## Ethical Standards and Multiple Diversities Strategies for Deepening Cultural Sensitivity

Codes of ethics across mental health, education and legal disciplines clearly state that professionals are to be fully competent with, and sensitive to, the experiences of oppression and cultural differences among their clients. But what exactly does this mean and what are effective practices that measurably address these issues?

The impacts of social and cultural diversities reach beyond differences in color, creed, ethnicity, sexual orientation, gender, age and so on. More deeply, all cultural groups develop habits sets specific to their cultural place and the influence of layered oppressions over time. No cultural group is immune. Oppression driven habits in many forms permeate social groups of every type and influence client capacity for engaging treatment and maximizing outcomes.

This seminar provides a new and deeper examination of layers of oppression that, when understood adequately, inform and shape the nature of treatment goals, strategies and outcomes. Additionally, you will examine the many societal structures entangled in these layers and how client recovery must include individual "break through" of limited expectations. You will take away a practical understanding of underlying forces at issue in diversity and specific, tangible strategies for addressing these in your professional, personal and community settings.

**\*Save Shipping Costs by Including this Book with Registration!**



### CBT Skills Workbook

*Practical Exercises and Worksheets to Promote Change*

By Dr. Barry M. Gregory

**Contains over 100 of the top hands-on practical worksheets and exercises for integrating CBT into your practice!**

Cognitive-Behavioral Therapy (CBT) is the fastest-growing psychotherapy in the world today and has been clinically-tested and found effective for a broad range of psychiatric and psychological problems. The challenge for many clinicians is finding practical ways to integrate empirically-supported therapies into everyday clinical practice with clients. The exercises and worksheets of the CBT Skills Workbook are designed to provide powerful tools that can be used in individual or group sessions and as homework assignments. Clients learn by doing, thus these exercises are intentionally designed to be short and easy-to-complete. The workbook is divided into four key sections: client motivation, beliefs, emotions, and behaviors. In short, the workbook provides an easy-to-follow directory of practical exercises and homework activities that are designed to help people learn ways to have the life they truly want and deserve.



### Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness

By Terry Fralich, LCPC

PESI presenter, educator and clinician Terry Fralich offers readers a practical, step-by-step approach to understanding mindfulness. With his personal and engaging style, Terry presents a comprehensive and well-organized set of techniques. The material will enable clinicians to refine their use of "the seven steps of mindfulness" and to bring the inspiration of mindfulness more fully into their client's lives as well as their personal lives. User-friendly features include illustrative case examples, practice exercises and resource listings.