

Cultural Competency Training: Moving Towards a Progressive Approach in Addressing Mental Health

*For professionals in psychology, behavioral health,
and social work*

This training will focus on increasing the cultural competence of behavioral health professionals to improve the quality of care provided to clients from culturally diverse backgrounds. This training will identify oppressive clinical practices that harm clients and recognize clinical discomfort. Participants will learn to go beyond a textbook approach by being present with individuals and will learn to implement modernized approaches to complement existing models that assist culturally diverse communities (e.g. refugees, immigrants) in rebuilding protective factors and healing systems that lead toward better mental health outcomes. Participants will also learn about the multidimensional factors that influence culture and about the detrimental influence of society's dominant culture(s) that refuel and empower dominant groups by disempowering marginalized groups.

OBJECTIVES

1. Define and describe how culture, cultural identity, intersectionality, and intersecting identities are related to behavioral health and behavioral health care.
2. Explain culturally competent constructs that encourage the practice of cultural sensitivity, and cultural understandings in psychotherapeutic processes, dynamics, and outcomes (i.e. how to learn about a client's cultural identity & clinical self-assessment).
3. Define and discuss the differences between intersectionality versus intersecting identities and its effect on the therapeutic alliance.
4. Define key bias-based terminology and discuss how they may affect the clinician's perceptions, decisions, conceptualizations and therapeutic relationships.

LOCATION

Zoom Meeting

COST

No fee to attend this training.

**Tuesday, March 26, 2024
9:00 a.m.–1:00 p.m. (Central)**

CONTINUING EDUCATION

INSTRUCTIONAL LEVEL: Intermediate

This training has been approved for **3.5 continuing education (CE) credits for psychologists*** and **3.5 CE credits for Nebraska LMHP/LIMHP**. Credits will be awarded to participants who attend the entire training.

*Continuing education for psychologists may be used by other licensed behavioral health professionals. Please check with your licensing board. Continuing education credit is granted on a one credit per one instructional hour basis.

The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC maintains responsibility for this program and its content.

SPONSORS

Sponsored by the Nebraska Department of Health and Human Services Division of Behavioral Health and the University of Nebraska Public Policy Center.

NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

**UNIVERSITY OF
Nebraska**
PUBLIC POLICY CENTER

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REGISTER ONLINE

go.unl.edu/cultural_competency_2024



NYABANG BUOM

PHD, CLINICAL PSYCHOLOGY

Dr. Nyabang Buom (She/Hers) is a first-generation South Sudanese Mental Health professional and a Clinical Research Specialist. Dr. Buom has always prioritized education stemming from her educational experience as a young girl in the Ethiopian refugee camps through her educational journey in the U.S. Throughout her range of experiences, Dr. Buom was able to delve deeper into understanding the experiences of health disparities in ethnic/racial minorities, and the factors that affect/contribute to their diagnoses. Dr. Buom's clinical training in both community mental health centers and trauma one medical centers, has focused on starting from the highest point of the hierarchy and bringing forward uncomfortable conversations about cultural issues, multicultural acceptance, and cultural sensitivity. Today, as an early career specialist, Dr. Buom is committed to recognizing, calling-in, strengthening communities, empowering others, and making meaningful contributions to the field in order to promote multicultural acceptance and cultural sensitivity.