



Understanding and developing 'Cultural Competence'.

Developing 'Cultural Competence' by understanding the links between our own diversity and attuning to diverse clients.

While 'cultural competence' is regarded as important within the professions of counselling and mental health, acknowledging the reality of diversity is much easier than actively engaging with it. Neuroscientific findings show that we are 'wired' to notice difference whether or not it is consciously registered. Yet confusion about the relative impact of culture in light of individual differences, lack of knowledge about cultural practices which are unfamiliar, and unease generated by the notion of 'political correctness' combine to make cultural competence an elusive goal rather than an everyday practice.

This seminar addresses the dynamics of cultural diversity in the context of counselling, psychotherapy, and the professions of mental health. The importance of attuning to the role of culture in ourselves as the most effective means of engaging with it in others will be discussed.

The contrast this perspective presents to previous notions of cultural 'expertise' will be emphasised, and ways in which cultural influences can be directly and indirectly engaged in client sessions will be explored. Participants will learn and practise a method by which they can 'map' their own social locations to those of their clients, and handouts in relation to all key concepts and exercises will be provided.

Learning objectives of this training:

1. Describe the influence of culture in the context of individual difference(s).
2. Recognise the impact of cultural influences in your own life and therapeutic practice.
3. Understand the concept of 'aversive' bias and apply this understanding to interactions with clients.
4. Identify ways in which the effects of culture can be negotiated in therapeutic interaction.



Pam Stavropoulos PhD is an educator, consultant and therapist, with a particular interest in the politics of trauma and depression. A member of the Advisory Board of the Scientific Committee of the International Society for the Study of Trauma and Dissociation (ISSTD) she is co-author of the nationally and internationally endorsed *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* (2012). A former Fulbright scholar, Pam has held lectureships at Macquarie University and the University of New England, and is a former Program Director at the Jansen Newman Institute where she also taught in the Master's program. She is the author of *Living under Liberalism: The Politics of Depression in Western Democracies* (Florida: Universal, 2008) has written research reports in the community health sector, and is also a clinical supervisor.

This training may qualify for Focused Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

White, middle-class, individualist? Working within a cultural context.
Micro and macro: culture in liberal democratic societies.
Implicit 'norms': the unintended and the taken for granted.
Without and within: attuning to culture in ourselves.
Levels of subjectivity and methods of access.

Afternoon Session

The high stakes of awareness: cultivating attunement and the limits of cultural 'expertise'.
Somatic responses as cues to reflection. Practising cultural awareness: application.
Evaluation and closing.

“Cultural competence starts with recognition of our own diversity, enhances interactions with all clients (is not just about ‘multiculturalism’) and is a barometer of practitioner as well as client well-being.”

Pam Stavropoulos

How will you benefit from attending this training?

- Understand the links between attuning to your own diversity and attuning to diverse clients.
- Recognise the relationship between cultural competence and enhanced therapeutic outcomes.
- Acquire a method for Identifying your own social locations and how these 'map' to those of your clients.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback from Pam's recent presentations for PDP:

“Presenter was excellent, demonstrated high level of interest and experience in the area. Excellent presentation skills”.

“Content was comprehensive and very well evidence-based. Thank you for your wisdom, examples of practice and discussions.”

“As a student this course was extremely helpful in giving me a solid foundation on a difficult topic.”

“Content of the seminar was really helpful to me. The presenter clearly has lots of experience and knowledge and conveyed it clearly.”

“This was the best training I have ever been on, and would recommend any I meet to do this training. It's a wonderful training. Thank you.”

“The trainer's knowledge was amazing.”

“Well presented course that raised many points relevant to my current clinical practice.”

“I thoroughly enjoyed the course and will definitely attend more PDP courses and in particular with Pam.”

“A most informative and valuable resource for my ability to improve my understanding of the role of non-verbal experience and the body. Many rich resources supplied. Thank you Pam.”

“I was really impressed by the facilitation of the topic by Pam and the professionalism of your representative. The venue choice is compatible and the refreshments provided were excellent and more than enough.”