Cultivating Empathy and Cultural Humility Across Cultures

Presented in partnership with the Kelson Institute

Program Offers 2.5 APA CE for Psychologists and 2.5 BBS CEU for Counselors, Marriage and Family Therapists, and Social Workers

Workshop Description:

Cultural humility is an approach to intercultural understanding that is different from cultural competency. Cultural humility incorporates an understanding that one’s cultural learning is never complete but rather a lifelong practice of gathering knowledge about differences, as well as continuing to critically reflect upon one’s own values and beliefs.

In this course, participants will come to an understanding about the general concept of cultural humility, framing it as a lifelong practice. Adding to its lifelong approach, participants will also see it as a life wide practice. Life wide learning means that learning is not kept separate in one area, rather it has an impact in many areas of one’s personal and professional lives. This training asserts that cultural humility is both a lifelong and a lifewide practice.

Learning Objectives:

After attending this intermediate-level workshop, participants will be able to:

Define the concept of cultural humility

Describe the relevancy of cultivating empathy and cultural humility across cultures

Identify practical ways to incorporate empathy and cultural humility across cultures

Professional Bio of Soneakqua White, MA, LPC-S is the owner and primary counselor of At the Table Counseling, PLLC. She is a co-founder of the Kelson Institute.

Soneakqua J. White, M.A., LPC has been in the mental health field for the past fourteen years. She received her Bachelor of Arts in Psychology with a minor in Child Development and Family and Consumer Sciences from Baylor University in 1998. She completed a Master of Arts in Counseling from Amberton University in 2002. Her credential as a Licensed Professional Counselor (LPC) was granted by the Texas State Board of Examiners in January 2006. She received the certification to supervise counseling interns in 2008. Soneakqua opened At the Table Counseling as a part time psychotherapeutic private practice in April 2009 and successfully transitioned into the practice full time in April 2011. Soneakqua created a copyrighted basic skills program that she consistently runs in her private practice with her clients.
Professional Bio of Kelley Haynes-Mendez, PsyD is a faculty member at the Chicago School of Professional Psychology. She is a co-founder of the Kelson Institute.

Kelley Haynes-Mendez is a licensed clinical psychologist. She holds a BA in psychology from Baylor University and a Psy.D in Clinical Psychology from the California School of Professional Psychology. Her treatment interests include psychotherapy with diverse populations, including the infusion of culturally affirming knowledge and practices. As an associate professor at the Chicago School of Professional Psychology her teaching and scholarship interests incorporate cross cultural and intercultural topics with global citizenship. She has served in various leadership positions including with the Society for the Teaching of Psychology as the Vice President for Diversity and International Relations. Dr. Haynes-Mendez has a strong interest in professional and continuing education - she has collaborated with the United Nations established, University for Peace to structure global education seminars for psychology educators since 2017.

Program Standards and Goals

This program meets APA’s continuing education standard 1.3: Program content focuses on topics related to psychological practice, education, or research other than application of psychological assessment and/or intervention methods that are supported by contemporary scholarship grounded in established research procedures.

This program meets APA’s continuing education goal 3: Program will allow psychologists to maintain, develop, and increase competencies in order to improve services to the public and enhance contributions to the profession.

Registration and Fees:

General Admission: $60.00 USD

References:


CONTINUING EDUCATION:

Target Audience: Any mental health or health care practitioner engaged in therapeutic care and interested in furthering the discussion about evidence-based practice. Graduate students are welcome.

Psychologists. This program, when attended in its entirety, is available for 2.5 continuing education credits. The Chicago School of Professional Psychology is committed to accessibility and non-discrimination in its continuing education activities. The Chicago School of Professional Psychology is also committed to conducting all activities in conformity with the American Psychological Association’s Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Danielle Bohrer at 312-467-2364. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

MFTs, LPCCs, and LCSWs. Course meets the qualifications for 2.5 hour of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences. If you are licensed outside of California please check with your local licensing agency to determine if they will accept these CEUs. The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code.

Other Non Psychologists. Most licensing boards accept Continuing Education Credits sponsored by the American Psychological Association but non-psychologists are recommended to consult with their specific state-licensing board to ensure that APA-sponsored CE is acceptable.

Participation Certificate. The Chicago School of Professional Psychology is able to provide students and other participants who simply wish to have documentation of their attendance at the program a participation certificate.

*Participants must attend 100% of the program in order to obtain a Certificate of Attendance.

The Chicago School of Professional Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago School of Professional Psychology maintains responsibility for this program and its content.