



WHEN YOU DON'T KNOW— THEORETICAL FOUNDATIONS FOR CROSS-CULTURAL THERAPY including experiential activities to examine areas of diverse cultural expression.

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- ❖ Clients come from diverse cultural backgrounds (ethnicity, race, social class, religion, sexual orientation, gender, education, family background, and other life experiences) that may or may not reflect a therapist's own background. Despite caring, commitment and integrity, therapists are often NOT culturally clinically prepared for sound practice.
 - ❖ No therapist knows and has experience with every cultural nuance clients present. This presentation teaches powerful theoretical foundations (not solely knowledge based) to promote successful cross-cultural therapeutic processes, even if the therapist had been unfamiliar prior to therapy with the cultural values and behaviors presented by clients.
 - ❖ Common theoretical approaches will be examined to reveal their cross-cultural and multi-cultural therapy roots, including connections w/ systemic theories and cross-cultural theory. In other words, therapists will be directed to discover how much they already know about cross-cultural and multi-cultural processes.
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While many therapists have the heart and passion for, and the commitment to respect diversity, cross-cultural, and multi-cultural issues in therapy, this not enough. Intellectual and conceptual sophistication and diversity orientations as it applies to the counseling and therapeutic processes must also be present in therapists. All people share common human processes emotionally, psychologically, and socially, but may experience and/or manifest them in diverse cultural patterns that affect relationships, including the therapeutic relationship. Five common problematic approaches will be examined, including those that lead to advanced stereotyping (potentially simplistic), divisive moralizing, recriminations, guilt, and hatred—the very antitheses of successful therapy. Participants will be led through an experiential "quiz" that will simultaneously reveal, facilitate deeper understanding of, allow proper "use" of, and yet will free therapists and clients (individuals and families) from many common cultural stereotypes. The presenter will discuss cases from pragmatic, therapeutic, and theoretical perspectives from experiences with a vast cross section of multi-cultural individuals, couples, and families in a variety of clinical, consulting, and personal situations.

To properly do therapy in our diverse and multi-cultural society, therapists must be able to define culture:

- * What is culture? What are the manifestations of culture?
- * What is culture for? What does culture serve?
- * What defines culture? What used to define culture? What defines culture NOW?
- * What is the relationship between culture and society? Between society and families?
- * Do Values Define Society? Or Does Society Define Values?

Workshop Goals and Objectives:

- To create a safe but provocative format to examine cultural issues in therapy;
- For clinicians better conceptualize and apply cross-cultural paradigms to individual, child, adolescent, couples, and family work;
- For clinicians to better understand their own cultural values, attitudes, and behaviors and how they enter the therapeutic relationship;
- For clinicians to successfully deal with culturally different (from themselves) clients;
- For clinicians to recognize the client's existential worlds, including their multiple cultural frameworks;
- For clinicians to better understand the nature of culture and how it develops in individuals, families, and communities;
- For clinicians to free themselves from stereotyping individuals and families in their work.

INSTRUCTOR: Ronald Mah, M.A., Ph.D., L.M.F.T., CEU provider #PCE3298 The workshop presenter has a successful private practice (including many adolescents and young children, families and couples). He is also a credentialed elementary and secondary teacher. He has taught, directed, and owned child development centers. He is on the Board of Directors of both the California Association of Marriage & Family Therapists (CAMFT) and the California Kindergarten Association (CKA). He has extensive clinical experience with children and teenagers, including clinically supervising therapists in an inner city high school teen clinic. He has trained about youth to various human services and counseling agencies over the years. He also has two very positive and powerful teenage/ young adult children who have successfully passed through adolescence with a minimum of unnecessary drama! Ronald has teacher and parent education presentations available on dvds at www.FixedEarthFilms.com; he is also the author of "Difficult Behavior in Early Childhood, Positive Discipline for Pre-K-3 Classrooms and Beyond," Corwin Press, 2006, "The One-Minute Temper Tantrum Solution, Strategies for Responding to Children's Challenging Behaviors," Corwin Press, 2008, and "Getting Beyond Bullying and Exclusion, PreK-5, Empowering Children in Inclusive Classrooms," Corwin Press, 2009.

Course meets the qualifications for continuing education for MFT's and LCSW's as required by the California Board of Behavioral Sciences.