

Continuing Education Training

Descriptions & Objectives

Custom topics available by request

Transcending Cultural Competence: Identity-Based Clinical Care

Participants explore their clinical identity, its impact on client care, and learn inclusive approaches to providing quality care to clients from a variety of cultural backgrounds.

- Explore the limitations and strengths of cultural competence and cultural humility
- Learn strategies to overcome the limitations of cultural competence
- Review clinical considerations of the impact of professional identity
- Learn pathways to quality care through a margins-to-center lens
- Assess the importance of communities of care

Trauma-Informed Motivational Interviewing

Participants gain knowledge of the core components of MI, explore the use of MI with specific populations, and practice skills through a trauma-informed lens.

- Develop an understanding of MI and the evidence for using MI
- Learn to identify indicators of the Stages of Change
- Gain knowledge of the core components and principles of MI
- Practice basic skills of MI through scenario processing
- Explore the use of MI with specific populations

Racial Trauma & Minority Wellness in the Workplace

Participants explore trauma, strategies to assess employee mental/emotional safety in professional settings, and learn considerations to decrease bias and microaggressions.

- Explore the impact of race-based traumatic stress on BIPOC employees
- Engage in dialogue around systematic oppression, bias, and microaggressions
- Assess workplace setting for employee safety
- Strategies to manage mental/emotional wellness within the “8 Dimensions of Wellness”
- Considerations for non-BIPOC employees and engaging diversity as an asset

Thriving through Self + Community Care

Participants explore the benefits of a two-pronged approach, apply learning through the lens of ethical practice, and develop a comprehensive self & community-care plan.

- Understand the differences between self and community-care
- Describe the limitations of self-care through a social justice lens
- Explain why a two pronged approach to care is important
- Explore the ethics of self-care and community-care
- Establish professional self & community-care plans

“**Investment in staff development increases retention, morale, productivity, profit, and creates a competitive advantage.**”

-Gallup, 2016

