

☒ Cultural Competency

## Stay Safe and Well: Navigating and Thriving in Uncertain and Tumultuous Times

DATE & TIME:

Wednesday, October 20, 2021

10:00am - 12:00pm

**All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted.**

**Training will be delivered via Microsoft Teams. A Check-In link will be emailed to training participants upon confirmation.**

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov/>

Over the past eighteen months, the Coronavirus pandemic has impacted all people of the world in countless ways. For instance, there have been multiple losses and adjustments (e.g., employment, businesses, loved ones, freedom, human connections, sense of community, etc.). In addition, there has been social and racial unrest and tension including the recent anti-Asian hate crimes committed against female and elderly Asian Americans. Although different people react to these losses, changes, and crimes differently, every person is somehow affected. Unfortunately, the individuals who are suffering from severe and persistent mental disorders might bear the brunt of the impact of the forces above due to their mental condition and lack of resources. In this webinar, the speaker will discuss the possible impact of the above and outline the affective, cognitive, behavioral and spiritual strategies that clinicians can employ in helping their clients cope and thrive amid the pandemic and social tension.

**TARGET AUDIENCE: Mental health professionals, trainees and students**

**OBJECTIVES:** **As a result of attending this training, participants should be able to:**

1. Identify three possible impacts of the pandemic and social tension Asian American (AA) consumers are experiencing particularly those with severe and persistent mental disorders.
2. Discuss three possible reactions and coping mechanism available for AA consumers.
3. List a minimum of seven culturally appropriate affective, cognitive, behavioral, and spiritual strategies beneficial for AA consumers.
4. Identify at least two ways of facilitating post-traumatic coping approaches.

**CONDUCTED BY:** **Stephen Cheung, PsyD**

**COORDINATED BY:** **Jae Kim, LCSW, Training Coordinator**  
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**DEADLINE:** **10/18/21 or When capacity is reached**

**CONTINUING EDUCATION:** **2 hours for BBS, BRN, CCAPP-EI CE for Psychologist**

**COST:** **NONE**

Register at: <https://eventshub.dmh.lacounty.gov/>