A training conference for all clinicians, Asian and non-Asian:

This one-day training conference offers mental health professionals and students/trainees an opportunity to acquire knowledge and skills in understanding and treating stress and its impact on mental well-being. As a result of this training, participants will become more confident in treating Asians whose mental illness is caused or is exacerbated by stress. Furthermore, through workshop presentations, participants will learn to apply effective strategies based on Asian cultural beliefs and help Asian clients increase their utilization of appropriate and available community services. No pre-requisite is required. Each participant requesting CEU credits is required to fill out a program evaluation form.

The educational objectives are to:

1. Develop a working knowledge about the impact of stress on mental health from an Asian cultural perspective;
2. Address issues pertaining to stress as consumers, caregivers and providers;
3. Increase self-care and well-being by utilizing qigong, self-massage and breathing techniques.
Conference Agenda

Registration & Continental Breakfast
Introduction & Overview
Freda Cheung, PhD
Conference Chair
Marvin J. Southard, DSW
Director
County of Los Angeles Department of Mental Health
Dennis Murata, MSW
Deputy Director, Program Support Bureau
County of Los Angeles Department of Mental Health
Ira Lesser, MD
Chair, Department of Psychiatry
Harbor-UCLA Medical Center

Workshops

Plenary Session I (Morning Keynote)
Stress Across the Family Life Cycle: Clinical Implications for Asian Americans
George K. Hong, PhD, ABPP
California State University at Los Angeles

A. The Helper’s Helplessness: Managing Caregiver Stress Among Asians and Asian Americans
Presenter: Timothy Chiang, PhD
Coastal Asian Pacific Islander Family Mental Health Center

B. Helping Asian-American Clients by Helping Ourselves: Clinician Stress and Its Impact Upon Treatment
Presenter: Ira Lesser, MD
Harbor-UCLA Medical Center

C. Complimentary/Alternative Medicine and Stress: What and How?
Presenter: Joanne Ng, MD
Private Practice

Conference Planning Committee
Freda K. Cheung, PhD
Harbor-UCLA Medical Center
Stephen Cheung, PsyD
Asian Pacific University
Scott Hanada, LCSW
County of Los Angeles Department of Mental Health
George K. Hong, PhD, ABPP
California State University at Los Angeles
Jason Huang, PhD
County of Los Angeles Department of Mental Health
Sam Koo, PsyD
County of Los Angeles Department of Mental Health
Mitsuru Kubo, PhD
Long Beach Asian Pacific Islander Family Mental Health Center
Michael Irwin, MD
University of California at Los Angeles

Closing Remarks
Freda Cheung, PhD

Plenary Speakers
George K. Hong, PhD, ABPP is Professor in the Division of Special Education and Counseling, California State University – Los Angeles. He is a licenced psychologist and a diplomate in couple and family psychology of the American Board of Professional Psychology. Dr. Hong has over 25 years of experience in the field and is active in many professional organizations. Currently, he is the president of the Society for Family Psychology of APA Division 41. Dr. Hong teaches in the area of marriage and family therapy and school counseling. He has extensive experience in providing mental health services in community and school settings. He has many presentations and publications in the area of family and community mental health, multicultural counseling and therapy, family psychology, school-based psychological services and mental health service delivery issues. His publications include two books: Psychotherapy and Counseling for Asian-American Clients: A Practical Guide and Transference and Countertransference in Asian-American Psychotherapy: Cultural Factors and Treatment Needs. Dr. Hong is the recipient of the Distinguished Contribution Award given by the Asian American Psychological Association in 2002.

Michael Irwin, MD, is the County Professor of Psychiatry and Behavioral Sciences at the UCLA David Geffen School of Medicine. Professor of Psychology at UCLA College of Arts and Sciences, Director of the County Center for Psychosomatic Research at the UCLA Semel Institute for Neuroscience and Human Behavior, and Director of the UCLA Training Program in Psychosomatic Medicine and Mental Health. He is President of the American Psychosomatic Society, Past Secretary-Treasurer of the American Psychosomatic Society, President of the Psychosomatic Research Society, Past-President of the Academy of Behavioral Medicine Research, Distinguished Fellow in the American Psychiatric Association, and Fellow in the American College of Psychiatrists. He is an Associate Editor of BEHAVIOR, Behavior and Immunity, and serves on the Editorial Board of Psychosomatic Medicine. He has also recently chaired the Blue Ribbon Panel for Strategic Planning of Intramural Research at the National Center for Complementary and Alternative Medicine, and has previously served on its Advisory Council. For nearly two decades, he has been working in the area of psychosomatic medicine. His recent research focuses on the consequences of sleep on inflammatory processes, and the role of inflammation on behavioral co-morbidities in patients with inflammatory conditions including older adults and cancer survivors. His present research examines the impact of these behavioral interactions including Tai Chi to improve insomnia, depressive symptoms, and inflammatory conditions in older adults as well as in breast cancer survivors.

County of Los Angeles Department of Mental Health (LACDMH) is approved as a continuing education provider by the following:
• California Board of Behavioral Sciences (Provider #PCE278) for Clinical Social Workers and Marriage and Family Therapists
• California Board of Registered Nursing (Provider #CEPS990) for Registered Nurses, Licensed Vocational Nurses and Licensed Psychiatric Technicians
• California Association of Alcoholism and Drug Abuse Counselors (Provider #2N-91-267-013)

County of Los Angeles Department of Mental Health is approved by the American Psychological Association to offer continuing education for psychologists. Los Angeles County Department of Mental Health maintains full responsibility for the program and its content. Each discipline will be eligible to receive 6.0 credits of continuing education. (No partial credits will be given)

County of Los Angeles Department of Mental Health is a California Association (CMA) accredited provider. Physicians attending the course may report the individually identified number of hours of Category 1 Credit™ toward the California Medical Association Certificate in Continuing Medical Education and the American Medical Association’s Physician’s Recognition Award.

For questions concerning this conference, please contact Freda Cheung at (310) 222-4266 or fcheung@labiomed.org
Lisa Song at lsong@dmh.lacounty.gov

Thriving in Stressful Times: Asian American Perspectives
October 14, 2011

Registration Information
(Please print clearly)

Last Name
Middle Initial
Street Address
City
Zip
Phone
Fax
Email Address (Required for confirmation/denial of training registration)

Affiliation/Organization

License Number:
License: MD/DO
PhD/PsyD
RN
LCSW
CME/CE/CEU REQUEST

License:
MD/DO
PhD/PsyD
RN
LCSW

CME/CE/CEU REQUEST

Lunch Preference
Chicken
Vegetarian Pasta

Complimentary continental breakfast and lunch

Space is limited – please register early!

Regular
$90
$10

IFD Last 4 digits of SSN
AND last 4 digits of Drivers license or ID

Student/Trainee
$45
$65

IFD Last 4 digits of SSN
AND last 4 digits of Drivers license or ID

CalWorks (Contracted)
$22.50
$45.50

IFD Last 4 digits of SSN
AND last 4 digits of Drivers license or ID

CAL Works Supervisor Signature
Supervisor’s Name (Printed)

Total Amount Enclosed
$5

LAC-DMH employees must use DMH Registration form

Please make all checks payable to LA BioMed. On-site registration must be paid in full amount of $110 by check or cash ONLY.

All registrants mail form and check to: Los Angeles Biomedical Research Institute Department of Psychiatry
1124 West Carson St., B-4 South Torrance, CA 90502 Attention: Freda Cheung, PhD

Registration confirmation will be emailed on or before September 30th. Refund: Full refund less $15 administrative fee before 9/30/2011. Requests must be made in writing.

No refunds after 9/30/2011.