



Consortium on Asian American Mental Health Training  
Presents:

## Thriving in Stressful Times: Asian American Perspectives

### 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.



Los Angeles County Department of Mental Health  
695 S. Vermont Ave., 15th Floor  
Los Angeles, CA 90005

## Consortium on Asian American Mental Health Training Presents:

## The 17th Annual Asian American Mental Health Training Conference



## Thriving in Stressful Times: Asian American Perspectives

October 14, 2011  
Almanson Court  
700 S. Almanson Street  
Alhambra, CA 91801

County of Los Angeles Department of Mental Health  
Department of Psychiatry at Harbor-UCLA Medical Center

Almanson Court Conference Center  
700 S. Almanson Street  
Alhambra, California 91801

626-570-4600

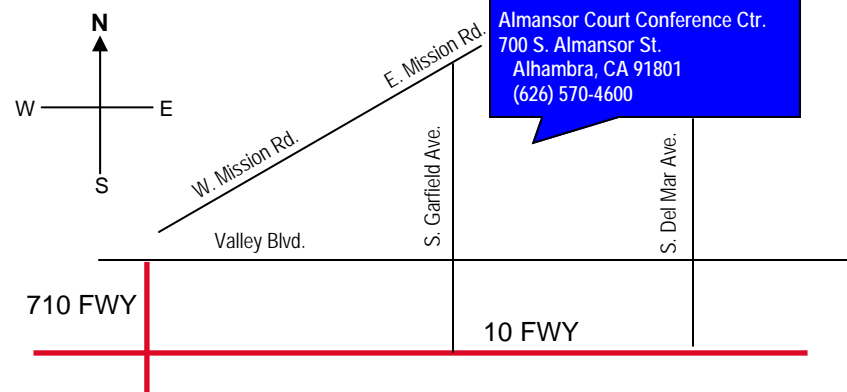
<http://www.almansoncourt.com/>

### From the 10 Freeway, going EAST:

Merge onto SOUTH GARFIELD AVENUE via Exit 23B toward Alhambra (1.2 miles).  
Turn RIGHT onto EAST LOS HIGOS STREET (0.3 miles).  
Turn LEFT onto SOUTH ALMANSOR STREET (0.2 miles).

### From the 10 Freeway, going WEST:

Take the GARFIELD AVENUE exit- EXIT 23B- toward ALHAMBRA (0.1 miles).  
Merge onto SOUTH GARFIELD AVE via EXIT 24 toward ALHAMBRA (0.9 miles).  
Turn RIGHT onto EAST LOS HIGOS STREET (0.3 miles).  
Turn LEFT onto SOUTH ALMANSOR STREET (0.2 miles).



## Conference Agenda

- 7:30 - 8:15 am **Registration & Continental Breakfast**  
 8:15 - 8:45 am **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
- 8:45 - 10:15 am **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
- 10:15 - 10:30 am **Break**  
 10:30 - 12:00 pm **Workshops I (A, B, C)**  
 12:00 - 1:00 pm **Lunch and Networking**  
 1:00 - 2:30 pm **Workshops II (A, B, C)**  
 2:30 - 2:45 pm **Break**  
 2:45 - 4:15 pm **Plenary Session II (Afternoon Keynote)**  
 Tai Chi to Promote Healthy Aging: Targeting Stress, Sleep Disturbance, and Depression  
**Michael Irwin, MD**  
 University of California at Los Angeles
- 4:15 - 4:30 pm **Closing Remarks**  
**Freda Cheung, PhD**

## Plenary Speakers

**George K. Hong, PhD, ABPP** is a Professor in the Division of Special Education and Counseling, California State University – Los Angeles. He is a licensed psychologist and a diplomate in couple & 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 43. 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 areas of Asian American 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 Empathy in Asian American Psychotherapy: Cultural Values 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 Cousins Professor of Psychiatry and Biobehavioral Sciences at the UCLA David Geffen School of Medicine, Professor of Psychology at UCLA College of Arts and Sciences, Director of the Cousins Center for Psychoneuroimmunology at the UCLA Semel Institute for Neuroscience and Human Behavior, and Director of the UCLA Training Program in Psychoneuroimmunology and Mental Health. He is President of the American Psychosomatic Society, Past Secretary-Treasurer of the American Psychosomatic Society, Past President of the Psychoneuroimmunology 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 *Brain, 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 psychoneuroimmunology. 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 capacity of behavioral interventions including Tai Chi to improve insomnia, depressive symptoms, and inflammatory dynamics in older adults as well as in breast cancer survivors.

## Workshops

- 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

- |   |   |
|---|---|
| <b>Freda K. Cheung, PhD</b><br>Harbor-UCLA Medical Center                                   | <b>Ira Lesser, MD</b><br>Harbor-UCLA Medical Center                                   |
| <b>Stephen Cheung, PsyD</b><br>Azusa Pacific University                                     | <b>Keh-Ming Lin, MD, MPH</b><br>Professor Emeritus, Geffen School of Medicine at UCLA |
| <b>Scott Hanada, LCSW</b><br>County of Los Angeles Department of Mental Health              | <b>Margaret T. Lin, MD</b><br>Southern California Permanente Medical Group            |
| <b>George K. Hong, PhD, ABPP</b><br>California State University at Los Angeles              | <b>Stephen Shea, MD</b><br>County of Los Angeles Department of Mental Health          |
| <b>Jason Huang, PhD</b><br>County of Los Angeles Department of Mental Health                | <b>Lisa Song, LCSW</b><br>County of Los Angeles Department of Mental Health           |
| <b>Sam Keo, PsyD</b><br>County of Los Angeles Department of Mental Health                   | <b>Silvia Yan, PhD</b><br>Asian Pacific Counseling and Treatment Centers              |
| <b>Mitsuru Kubota, PhD</b><br>Long Beach Asian Pacific Islander Family Mental Health Center |   |

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 Licensed Clinical Social Workers and Marriage and Family Therapists
- California Board of Registered Nursing (Provider #CEP5990) for Registered Nurses, Licensed Vocational Nurses and Licensed Psychiatric Technicians
- California Association of Alcoholism and Drug Abuse Counselors (Provider #2N-91-267-0813)

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 I Credit™ toward the California Medical Association Certificate in Continuing Medical Education and the American Medical Association's Physician's Recognition Award.



No preparation is required for this training conference.

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 \_\_\_\_\_

First 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  MFT  LPT  CAADAC  Other: \_\_\_\_\_  
 Specify

**Lunch Preference**  Chicken  Vegetarian Pasta

Complimentary continental breakfast and lunch

**Registration Fees** Postmarked by 9/30/2011 Postmarked after 9/30/2011

Space is limited—please register early!

<b>Regular</b>	<b>\$90</b>	<b>\$110</b>
ID# Last 4 digits of SSN _____ AND last 4 digits of Drivers license or ID _____		

<b>Student/Trainee</b>	<b>\$45</b>	<b>\$65</b>
ID# Last 4 digits of SSN _____ AND last 4 digits of Drivers license or ID _____		

<b>Calworks (Contracted)</b>	<b>\$22.50</b>	<b>\$42.50</b>
ID# Last 4 digits of SSN _____ AND last 4 digits of Drivers license or ID _____		

CALWorks Supervisor Signature \_\_\_\_\_ Supervisor's Name (Printed) \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

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.