

Cultural Considerations in Counseling

3 CE Credits (fulfills diversity credit)

Loyola University Maryland's
Columbia Graduate Center
8890 McGaw Road
Columbia, MD 21045



3 CE Credits offered for
psychologists, social
workers, counselors, and
all mental health workers
and students

Registration Fees:

General Public: \$100

Loyola Alumni: \$70

Loyola Student: \$35

Loyola Faculty: \$35

PC Field Supervisor: \$35

Friday, February 24, 2012

9:00 am to 12:30 pm

To register: www.loyola.edu/pastoralcounseling/ce



This presentation will help prepare helping professionals to work effectively and sensitively with diverse populations. Issues of systemic and interpersonal power dynamics will be discussed. Strategies for increased self-awareness, culturally sensitive assessment, and culturally appropriate interventions will be offered.

Objectives:

- ◆ Attendees will learn how to recognize and attend to issues of cultural countertransference in counseling.
- ◆ Participants will also be able to recognize and minimize power differentials associated with the counseling setting.
- ◆ Participants will have increased awareness about diverse populations (e.g. LGBT, SES, ethnic, gender, and religious) individuals and some of the challenges associated with these populations).
- ◆ Participants will be able to conduct informal culturally sensitive assessment. Finally, attendees will learn some techniques for working sensitivity with diverse populations.

Dr. Kari O'Grady received her doctorate in Counseling Psychology from Brigham Young University and has research interests in the integration of spirituality and psychology and counseling/psychotherapy. She has written a number of articles, book chapters and a book on the subject and has presented on this topics at national and international conferences. Dr. O'Grady is certified with the Red Cross as a Disaster Relief Mental Health worker. Her current research direction focuses on the influence of individual's relationship with God or Higher Power on post traumatic growth. Dr. O'Grady also has interests in and has taught courses on multiculturalism. She served as the multicultural liaison for counseling services during her post-doctoral work, and is currently conducting a study on spiritual components of acculturation. She is a member of Division 36 of the American Psychological Association and a member of the American Counseling Association.