

Cultural Humility: A Self-Reflective Journey for Helping Professionals



- Hideko Akashi of Liberation Consulting, helping individuals and organizations make critical shifts to create a more equitable and just environment and culture.
- An overview of cultural humility, cross-cultural communication, and organizational cultural humility.

Friday, May 7, 2021 | 9:00 AM – 3:00 PM ET

Live Stream Series

(Online Synchronous Training)

\$59.99 Registration

Space is limited.

Please register online at www.ceucreationsinc.com

5 CREDIT HOURS APPROVED FOR:

- Social Workers (ASWB ACE; New York State Education Department's State Board for Social Work – 4 CE Credits and 1 Ethics Credit)
- Case Managers (CCMC – 5 Contact Hours)
- Nurses (CA Board of Registered Nursing – 5 Contact Hours)
- Counselors (NBCC; New York State Education Department's State Board for Mental Health Practitioners – 4 Contact Hours and 1 Ethics Hour)

Attendance or applied credit certificate available for other credentials.

Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTERS:



Hideko Akashi
Founder and Lead Consultant,
Liberation Consulting



Hollie Nash, LMSW – Clinical
Youth Intervention Specialist at
Community Mental Health for Central Michigan

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AGENDA

8:45 AM – 9:00 AM:	Log in and Virtual Networking
9:00 AM – 10:30 AM:	Overview and Cross-Cultural Communication Hideko Akashi Founder and Lead Consultant, Liberation Consulting Hollie Nash, LMSW – Clinical Youth Intervention Specialist at Community Mental Health for Central Michigan
10:30 AM – 10:40 AM:	<i>Break</i>
10:40 AM – 11:40 AM:	Cultural Humility and Self-Reflection Hideko Akashi Hollie Nash, LMSW – Clinical
11:40 AM – 12:20 PM:	<i>Lunch and Sponsor Spotlight</i>
12:20 PM – 3:00 PM:	Organizational Cultural Humility and Action Steps (includes 10-min break) Hideko Akashi Hollie Nash, LMSW – Clinical

Cultural Competency is a foundational ethical standard for all helping professionals. Although how can one ever become “competent” in a culture that is not their own? While good intentioned, this creates a dynamic that sets the clinician as the expert and the client as “the other” – implying that the provider knows better than the client, their experience, and their needs. In recent years, a conceptual shift to practicing cultural humility to build honest and trustworthy relationships with clients has been happening in multiple sectors of public health. The practice of cultural humility is a life-long self-reflective inquiry, and this training will offer the opportunity for participants to begin or continue this journey.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Describe the movement from Cultural Competency to Cultural Humility.
- Analyze the ways in which their own identity has been shaped by their own cultural upbringing and perspective, leading to internalized bias.
- List examples of systems of oppression and its relationship to clinical practice settings.
- Identify different locations of identity - including historically included and excluded groups.
- Assess their own cultural, racial, and socioeconomic stories and how this affects their personal and professional lives in the present.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must login on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals – intermediate content level.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 5 Ethics continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: NBCC Hours – 5 Ethics hours - CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date



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PRESENTER BIOS



Hideko Akashi

Founder and Lead Consultant, Liberation Consulting

With over 20 years of experience in the educational sector, Hideko Akashi has challenged individuals and institutions to think critically about issues of diversity, privilege, social justice, inclusion, and equity. Starting with her own self-reflective journey, Hideko draws upon her own experience acknowledging her membership in privileged groups as well as her multiple targeted identities to guide individuals into their own self-exploration. She believes in self and social transformation, and that institutions can also create positive shifts in organizational culture to help cultivate the environment of truly equitable and inclusive spaces.

Hideko is a skilled and professional facilitator with an extensive teaching background which allows her to create spaces that push participants to engage in a challenging learning process. She enjoys exploring topics around liberation, race/racism, privilege, gender/sexism, sexual orientation, intersectionality, socialization, internalization and systemic cycles of oppression. Beyond group facilitation and training workshops, Hideko engages institutions on strategic plans to make transformational and meaningful changes in their organizational culture. She credits much of her training and approach to her work as an independent consultant for VISIONS, Inc.

Hideko lives in San Francisco, California with her wife and two kids, ages 5 and 8.



Hollie Nash, LMSW – Clinical

Youth Intervention Specialist at Community Mental Health for Central Michigan.

Hollie is a licensed clinical social worker with over ten years of experience in child welfare and clinical social work. Her career began in Michigan's Child Welfare system, working in case management, supervision, and program management. Today, Hollie works full time as a Youth Intervention Specialist with Community Mental Health for Central Michigan. She also operates her own private therapy practice in her hometown of Harrison, MI.

Hollie holds a clinically focused Bachelor's Degree in Social Work from Saginaw Valley State University. She obtained a Master's Degree in Social Work from Grand Valley State University.

Born and raised in Michigan, Hollie resides in her hometown with her husband, step-daughter, and two fur babies. In her limited spare time, she enjoys spending time with her family, being outside, and simply finding time to relax. Hollie's heart and passion has always been in helping others grow and see their true potential!