

Engaging Difference Through Mindful Facilitation

- Dates:** Tuesday Evenings: 5/23, 5/30, 6/6, 6/13 ,6/27, 7/11/23.
- Time:** 7 to 9:10 pm ET
- Location:** Synchronous Online Classes via Zoom
- CEUs:** 12 Continuing Education Credits awarded after full participation.
- Fees:** Early bird rate (until 5/1) \$450,
Student, BIPOC, AAPI Rate: \$400
General Admission \$500

[Click Here to Register](#)

Cancel: Registrants may request a full refund (minus fees) up until May 16, 2023.

Description

This 6-session class will teach participants how to deepen their engagement skills with people with marginalized identities and different cultural backgrounds using Mindful Facilitation Skills. Mindful Facilitation is a trauma-informed technique that allows clinicians to go beyond cultural awareness encouraging deeper, more therapeutic connections with clients. It is applicable to individual, as well as group therapy. This interactive training is suitable for mental health practitioners, coaches, and DEI trainers at all levels of experience. These classes are both didactic and experiential, offering lots of opportunities to practice your new skills. This training is approved for 12 continuing education credits for Psychologists, Social Workers, and LMFTs*. All classes are 2 hours & 10 minutes long and are delivered online via Zoom. Participants should attend via laptop, tablet, or desktop in a private space.

Objectives:

By participating in this class, attendees will

1. Discuss ethical standards of cultural competency as applied in different clinical settings.
2. Describe 2 examples of mindful listening practices.
3. Differentiate cultural competency from cultural responsiveness.
4. Identify 5 unhealthy ways of communicating.
5. Distinguish between the impact vs intent of communications.
6. Apply responsive listening skills with individuals in at least two in-class exercises.
7. Practice at least 3 mindful reflections outside of class.
8. Utilize a minimum of 3 Mindful Inquiry techniques with individuals in the class.
9. Describe at least 2 different types of microaggressions in small group discussions.
10. Identify 3 Mindful Facilitation skills to use with groups.
11. Practice empathetic responses with at least two mindful reflections.
12. Demonstrate the use of Mindful Facilitation to address microaggressions.
13. Identify three ways to incorporate Mindful Engagement skills into your practice.

Presenter

Donna J Harris, LCSW, CGP is the Clinical Director of Intercultural Counselling, LLC, located in the western suburbs of Philadelphia. For over 30 years she has been helping individuals, couples, and groups regain a sense of who they are and has empowered them to succeed in their personal and professional relationships through psychotherapy and psychoanalysis. In addition, she serves as faculty at Bryn Mawr College Graduate School of Social Work and Social Research, the Institute of Relational Psychoanalysis of Philadelphia (IRPP) as well as with the Eastern Group Psychotherapy Society (EGPS) in New York City. She also serves as President of the Philadelphia Area Group Psychotherapy Society (PAGPS).



Ms. Harris is the founding CEO of Intercultural Network, LLC, which specializes in helping organizations become more culturally responsive. Intercultural Network develops customized plans & training to help agencies and organizations achieve their DEI goals.

Course Outline

All class sessions include didactic content, dyad, and small group exercises.

<p>Class 1 – 7-9:10 pm (w/10 min break)</p> <p>Introduction</p> <ul style="list-style-type: none">• Key Concepts & Expectations• Cultural Responsiveness• Healthy vs Unhealthy Communication• Keywords/phrases• Reflective Listening Skills <p>Class 2 – 7-9:10 pm (w/10 min break)</p> <p>Mindful Facilitation Theory & Practice</p> <ul style="list-style-type: none">• Check-in• Family Conflict Assessment• Mindful Listening & Reflection Skills <p>Class 3 – 7-9:10 pm (w/10 min break)</p> <p>Individual Reflections & Inquiries</p> <ul style="list-style-type: none">• Individual Mindful Inquiries• Primary vs. Secondary Emotions• Non-verbal Communication	<p>Class 4 – 7-9:10 pm (w/10 min break)</p> <p>Putting it all together.</p> <ul style="list-style-type: none">• Mindful Reflections & Inquiries• Observational Inquiries• Notice What's Missing• Impact vs Intent• Empathetic Responses <p>Class 5 – 7-9:10 pm (w/10 min break)</p> <p>Intermediate Skills</p> <ul style="list-style-type: none">• Intermediate Individual inquiries• Intermediate Group Inquiries• Small Group Practice <p>Class 6 – 7-9:10 pm (w/10 min break)</p> <p>Responding to Microaggressions</p> <ul style="list-style-type: none">• Skills Review• Responding to Microaggressions• Next Steps & Take Aways
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*Continuing Education for Psychologists, Social Workers & Marriage & Family Therapists

(a) This program, when attended in its entirety, is available for **12 continuing education credits**. SPPP is committed to accessibility and non-discrimination in its continuing education activities. SPPP is also committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns, and any complaints to Donna Harris (djharrisicsw@gmail.com) There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest. Participants will be informed of the utility/validity of the content/approach discussed (including the basis for the statements about validity/utility), as well as the limitations of the approach and most common (and severe) risks, if any, associated with the program's content.

(b) SPPP (Division 39) is approved by the American Psychological Association to sponsor continuing education for psychologists. SPPP maintains responsibility for the program and its content.



[InterculturalNetwork.org](https://www.InterculturalNetwork.org)

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