

THE NEVADA PSYCHOLOGICAL ASSOCIATION PRESENTS

Practicing Cultural Humility: Ethical and Clinical Considerations

presented by
Tonya Armstrong, Ph.D.

FRIDAY, May 3rd, 2019

8:30am—4:30pm

Registration from 8:00—8:30am

University of Nevada, Reno, PME 012
1664 N. Virginia Street, Reno NV 89557

6 CE Credits

Approved for Nevada Psychologists and MFTs. Approval pending: LCSWs

NPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for this program and its content.



Registration Available Online: www.NVPsychology.org

Practicing Cultural Humility: May 3rd, 2019

About This Workshop:

Due to the rapidly shifting demographics of our world and our local communities, psychologists are increasingly rising to the ethical challenges of enhancing their cultural humility across multiple spheres of human functioning. In today's clinical practice, we must broaden our ethical practices to include not only respect, but also deeper understanding and connection; not only for adults, but also for children and adolescents; not only by ethnicity, but also by socioeconomic class, gender, disability, faith, sexuality, and other categories of difference. This educational program will provide specific guidance in the practical application of the values, principles, and standards of the "Ethical Principles of Psychologists and Code of Conduct." Ultimately, we are striving for not only the absence of mental illness, but also the flourishing of mental health and wellness. Dr. Armstrong will utilize a combination of didactic material, video, experiential exercises, and group discussion to assist participants in embracing a deeper ethic of cultural humility.

Learning Objectives:

At the end of this program, participants will be able to:

1. Describe at least four traditional barriers to cultural humility in clinical practice.
2. Assess at least four aspects of their own cultural narratives that may come into conflict with client narratives.
3. Apply a model that facilitates cultural sensitivity in clinical practice.
4. Discuss three steps that can further enhance the clinical practice of cultural humility.

About the Speaker:



Dr. Tonya Armstrong is the founder and CEO of The Armstrong Center for Hope (WWW.ARMSTRONGCFH.COM), a private group practice of multi-disciplinary mental health professionals cultivating psychological and spiritual wellness for all ages. Dr. Armstrong first established her business in 2002 as a licensed psychologist in solo practice, and expanded her practice to their current location in Durham, NC, in 2010. There, she and her staff of ten providers focus on psychological assessment, individual, couple, and family therapy, consulting, and continuing education. She frequently presents on the integration of spirituality into therapy; grief and loss in children, adolescents, and adults; and the ethics of cultural humility.

Having double-majored in psychology and music at Yale University, she completed her doctoral degree in clinical psychology at the University of North Carolina at Chapel Hill, with a focus on child and adolescent issues. She completed her predoctoral internship at Duke University Medical Center with primary rotations in pediatric psychology and family therapy, and a National Institute on Drug Abuse-funded postdoctoral fellowship at Duke's Center for Developmental Epidemiology. Dr. Armstrong also holds a Master of Theological Studies degree from Duke Divinity School and maintains a commitment to ministry in settings across the community.

A native of Durham, NC, Dr. Armstrong has been a member of the American Psychological Association (APA) since 1993, and a member of the North Carolina Psychological Association (NCPA) since 1995. Additionally, she gained membership in NCPA's Division of Independent Professional Practice in 2005 and joined the Insurance Committee in 2011. Along with her SWAT team colleagues, Dr. Armstrong received the 2015 NCPA President's Award for their service to NCPA members and the public at large. Dr. Armstrong is currently the President of NCPA.

Audience:

This workshop is intended for psychologists, other licensed mental health professionals and graduate students of psychology. Seating is limited!

Cost of Workshop/Registration 05/03/19

EARLY BIRD DISCOUNT

(BY 04/01/2019)

NPA Member	\$185.00	\$160.00
Student Member	\$60.00	\$60.00
NON-Member	\$260.00	\$210.00
Student Non-Member**	\$110.00	\$110.00

***No other discounts applied for students. Students are not licensed or practicing in any mental health profession. They must show current enrollment in a regionally accredited college or university as a graduate student in psychology or a closely related profession.*

FEE INCLUDES ANNUAL BUSINESS LUNCHEON:

I do _____ / do not _____ plan to stay for the awards-business lunch.

(Please help us keep costs down by ordering food only for those who will be present)

PLEASE MAKE A BOXED LUNCH SELECTION (detailed descriptions available online):

- Roast Beef & Cheddar Sandwich
- Almond Ginger Chicken Salad & Jack Sandwich
- Green Salad with Sliced Turkey & Cheese, Tomato, Cucumber & Kalamata Olives with Balsamic Vinaigrette
- Mediterranean Chicken with Tomatoes, Grilled Vegetables & Olives with Balsamic Vinaigrette
- Grilled Chicken & Jack Sandwich
- Grilled Vegetarian Sandwich

HELP NPA BE A GREEN ORGANIZATION:

- I will download an electronic copy of handouts from NPA website (instructions will be sent by email)
- I am unable to use electronic availability of handouts and need a paper copy made for me (additional \$10.00 fee)

REGISTRATION:

NAME: _____ DEGREE: _____

License #: _____ Profession _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Daytime Phone: _____

- Payment in the amount of \$ _____ is enclosed, by check, payable to NPA
- Please charge my credit card \$ _____ (Complete area below)

Visa/ MasterCard/ Discover/ American Express (circle one)

Account#: _____ Exp Date: _____

Security Code: (3 numbers on back of card; 4 numbers on front of AmEx): _____

Cardholder Name As it appears on the card: _____

Billing Address: _____

Authorized Signature: _____

Register Online At: WWW.NVPSYCHOLOGY.ORG

Fax (credit card only) to: (888) 654-0050 or

Mail with check to: P.O. Box 400671, Las Vegas, NV 89140

GENERAL INFORMATION:

Workshop Location: The workshop will be held at the University of Nevada Reno, in the Pennington Medical Education Building (PME), Room 012. Parking available in Silver 10. Parking permits are required and may be purchased at the kiosk for \$7/day. Directions and map are available online at www.NVPsychology.org.

Refunds & Grievance Policy: Participants may direct questions or complaints to NPA at (888) 654-0050. An administrative fee of \$30 will be charged for cancellation of registration. Please note, no refunds will be granted after 04/19/2019.

Approval: Nevada Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for the program and its content. NPA will issue certificates of completion by email no later than 5 days after workshop. APA CE rules require that we only issue credits to those who attend the entire workshop. Those arriving more than 15 minutes late or leaving before the entire workshop is completed will not receive CE credits.