

Feeling “H.E.R.D.”:
Multiculturalism, Diversity, and Ethical Considerations
(Humility. Ethics. Responsibilities. Diversity.)

Part I (9:00-12:00pm)
Developing Cultural Humility: A Lifelong Trail

NOTE: No partial CEs will be awarded. You must attend the full training day.

Both the morning and afternoon presentations will first provide Academic/PowerPoint learning, then we will proceed into the arena in order to engage experientially with the material, via the APA and ACA recognized EAGALA model for Equine Assisted Learning activities with our equine team.

Goals:

1. Raise critical consciousness by increasing cultural humility when creating, organizing, and delivering services to clients.
2. To deepen the therapist's cultural attunement to clients within the therapeutic relationships and enhance cultural humility in practice using didactic (left brain) and experiential (right brain) approaches.

Objectives:

1. Explain and identify the differences between a cultural competency vs cultural humility mindset
2. Apply the concepts of cultural humility as a tool to deepen your attunement with clients and other therapeutic relationships
3. Demonstrate attunement to your own and other’s cultural dimensionality, via the EAGALA model of Equine assisted learning as a means of exploration and integration
4. Identify areas of strength, as well as a next step for continued growth regarding cultural humility within your therapy practice.