

Identity, Trauma, Culture & History: Understanding the Dynamics of Counseling African-Americans

May 19, 2017 9:00-11:00 a.m.
Registration from 8:30-9:00 a.m.
102 New Stateside Drive
Chapel Hill, NC 27516

This interactive workshop will explore the psychological, historical, cultural and contextual factors that influence African Americans' self and world schemas and their impact on counseling African Americans. The workshop will also explore skills, strategies, theories and approaches counselors can use to prepare for and more effectively engage African-American clients in the counseling process. It focuses on: (1) contextual issues that impact how African Americans' self and world schemas develop and how those factors impact the counseling process and counseling outcomes; (2) building therapeutic alliances between African Americans and mental health professionals; (3) practical strategies counselors can use to prepare for working with African-American clients, and (4) identifying appropriate theories and/or approaches that promote positive outcomes among African-American clients.

Learning Objectives

Upon completion of this workshop, participants should be able to:

- Identify and discuss significant elements that compose African Americans' core values.
- List and describe at least three factors that shape African-Americans' self and world schemas.
- Define the term "cultural trauma and collective identity" and discuss how it impacts African Americans' engagement in the counseling process and counseling outcomes.
- Identify and discuss African Americans' traditional views of counseling.
- Identify the steps of a practice exercise that can be used to help counselors better engage African American clients.
- Identify at least 3 things counselors can do and/or expect when engaging African American clients.
- Identify and discuss at least three approaches that can be used to increase African Americans' participation in and completion of therapeutic services.

Two contact hours will be available for this training. **Free** to all current Pro Bono Counseling Network Volunteer Therapists or other therapists who practice in Durham, Orange, Person or Chatham counties and would like to become a Pro Bono Counseling Network Therapist. For more information on joining and becoming a volunteer therapist, contact Shelley Danser, the program coordinator: Shelley.D@fhrecovery.org.

Click to register: <http://events.r20.constantcontact.com/register/event?oeidk=a07ee3gxivi95c738a7&llr=ovyee8bab>

Robert A. Horne, Ph.D., LPC, LCAS

Robert A. Horne, Ph.D., serves as an Assistant Professor of Counselor Education in the Department of Allied Professions at North Carolina Central University, Chair of the Research and Professional Development Committee, and incoming Vice-Chair of the North Carolina Faculty Senate. Additionally, Dr. Horne serves as: a counselor and counseling consultant in private practice; Chair, National Board for Certified Counselors Foundation Minority Fellowship Program Advisory Council (Doctoral); National Board for Certified Counselors Mentor; and a Subject Matter Expert for the International Credentialing and Reciprocity Consortium.