



Freedom House  
Recovery Center

The Pro Bono Counseling Network Education Series  
Presents

Culturally Sensitive Skills & Strategies for  
Counseling African-American Clients

November 10, 2017

9:00-11:00 am

Registration begins at 8:30 am

102 New Stateside Drive Chapel Hill, NC 27516

[Register Now!](#)

This interactive workshop will 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:

- 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.