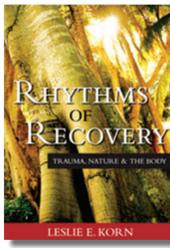


# Meet Your Speaker

Leslie Korn, Ph.D., MPH, LMHC, has over 35 years of experience in cross cultural counseling, integrative medicine, and traditional healing practices. She is in private practice specializing in the integration of psychotherapy with somatic therapies, nutritional and botanical alternatives to psychiatric drug use. She has lived and worked in the jungle of Mexico for over 35 years where she directed a public health clinic collaborating with traditional healers. She has contributed to the design of traditional medicine cultural revitalization programs for mental health and diabetes in indigenous communities in the Pacific Northwest and Canada. For over 10 years Dr. Korn was the president of a federally funded multicultural consulting firm to implement multilingual and multi-ethnic mental health and wellness programs in urban Boston and rural Massachusetts.

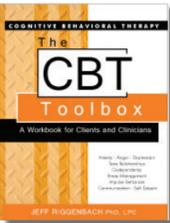
Dr. Korn has a Ph.D. in Behavioral Medicine, a Master of Arts in Cross Cultural Health Psychology and a Masters in Public Health from the Harvard School of Public Health. She was a Clinical Fellow and instructor at Harvard Medical School. She is national board certified in both Polarity therapy and in therapeutic massage and Bodywork, an approved clinical supervisor, a licensed mental health counselor, Fulbright scholar and NIH-funded research scientist. She is the director of research at the Center for World Indigenous Studies. She is the author of *Rhythms of Recovery: Trauma, Nature and the Body* (Routledge, 2012), *Preventing and Treating Diabetes Naturally, The Native Way* (Daykeeper Press, 2009), *Nutrition Essentials for Mental Health: The Complete Guide to the Food-Mood Connection* (Norton, 2015) and *Multicultural Counseling Workbook: Exercises, Worksheets & Games to Build Rapport with Diverse Clients* (PESI Publishing & Media, forthcoming Winter 2015). Dr. Korn is core faculty in Mental Health Counseling at Capella University and lives and works in Puerto Vallarta, Mexico.

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**THIS ACTIVITY INCLUDES 3.25 HOURS OF CULTURAL COMPETENCY INSTRUCTION AND 3.0 HOURS OF GENERAL ETHICS INSTRUCTION. (DAY 1 ONLY).**

**COUNSELORS:** This activity consists of 6.25 clock hours per day OR 12.5 clock hours for entire conference of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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4:00 Program ends

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**Multicultural AWARENESS & Diversity**

POWERFUL STRATEGIES to IMPROVE CLIENT RAPPORT & CULTURAL COMPETENCE

Tuesday, December 8<sup>th</sup>, 2015

**Honolulu, HI**

**Nutritional & Complementary Treatments For Mental Health Disorders**

PRACTICAL EVIDENCE-BASED SOLUTIONS for DEPRESSION, ANXIETY, PTSD, INSOMNIA and EATING DISORDERS

Wednesday, December 9<sup>th</sup>, 2015

**Honolulu, HI**

**Multicultural AWARENESS & Diversity**

POWERFUL STRATEGIES to IMPROVE CLIENT RAPPORT & CULTURAL COMPETENCE

- Strategies to improve rapport with diverse clients
- Case studies and experiential exercises
- Adapt treatment for specific groups

**Honolulu, HI**

Tuesday, December 8<sup>th</sup>, 2015

**Nutritional & Complementary Treatments For Mental Health Disorders**

PRACTICAL EVIDENCE-BASED SOLUTIONS for DEPRESSION, ANXIETY, PTSD, INSOMNIA and EATING DISORDERS

- Nutritional deficiencies that contribute to mood disorders
- Alternative strategies to antidepressant and anxiolytic medication
- Diet, supplements and botanicals that influence neurotransmitter synthesis

**Honolulu, HI**

Wednesday, December 9<sup>th</sup>, 2015

I remember the first time I provided treatment in Mexico and how scary it was to realize how much I didn't know about their culture. I was worried I wouldn't be able to interpret signs of my clients' distress or understand their needs.

I realized that much of my knowledge base didn't fit for every client, especially clients of different cultures, ethnicities, religions or sexual identities. Not feeling comfortable with clients who are different from us can prevent us from delivering the best treatment.

As I spent more time in Mexico, I discovered that the skills of cultural competency can be applied across all groups. I spent more time studying my own roots, uncovering my personal biases and researching other ethnicities and cultures. Since then I've had the opportunity to do clinical work with several different cultural groups around the U.S.

As a result, I feel that I can treat anyone, regardless of their background. Even if I don't know a lot about their culture, I am comfortable asking my client to teach me what is important to them.

Join me for a day-long adventure into the world of cultural competency. Improve assessment, avoid ethical dilemmas and overcome fears. Discover how to tailor treatment for specific groups and improve rapport with diverse clients. Most importantly, dig deeper into your own identity and discover how to use who you are, to help your clients.

**Gain a reputation for being the premier therapist in your community for working with diverse clients!**

You may just want to attend this seminar to receive **6 hours of cultural competency including 3 hours of ethics**. But, I guarantee you will leave with so much more. This highly engaging and experiential seminar will challenge you to explore the intersection of your belief systems with your clinical work, and allows you to become more confident as a culturally sensitive clinician.

*See you there!*

Sincerely,  
**Leslie Korn Ph.D., MPH, LMHC**

# Outline

**Cultural Competencies in Mental Health**

Mindfulness-based approach to cultural competence  
Trends in specific locale: variation and mental health needs

Acknowledge cultural differences: terms of reference, racism and stereotypes  
Improve client rapport

- Make cultural connections
- Acquire knowledge & skills
- View behavior within a cultural context

**Exercise:** Culture(s), biases and ethnic influences

**Ethics & the DSM- 5<sup>o</sup>: New Guidelines for the Integration of Cultural Competencies**

Cross-cultural variations in presentations

Cultural concepts of distress

Assessments and diagnostic protocols

DSM-5<sup>o</sup> cultural formulation

Cultural factors influencing clients' perspectives of their symptoms and treatment options

Ethical standards for culturally competent practice

**Exercise:** Cultural Formulation Interview

**Overcome Dilemmas in Practice**

Working with limited English proficiency and bi/multilingual clients

When to use an interpreter

Intersection of religion, customs and culture

Religious experience, counseling and mental health

Cultural transference and counter transference

**Exercise:** Strategies for working with cultural transference

**Interventions & Strategies for Specific Populations**

Overview of Historical trauma/Migration

Trauma in cultural context

Assessments and tools

Medications; use and belief systems

Cultural examples of traditional practitioners & natural healers

Integrate and adapt mindfulness and DBT interventions

- Explain mindfulness and breathing for Spanish speaking population
- Religious populations
- Mindfulness in prison video

**Exercise:** Values exercise: medications/ traditional healing/spiritual healing

# Objectives

1. Implement new DSM- 5<sup>o</sup> criteria and cultural formulation.
2. Identify strategies and biases to improve rapport with diverse clients.
3. Implement assessment and treatment strategies for cultural and historical trauma.
4. Discuss guidelines for working with specific ethnic and religious clients.
5. Apply skills to overcome cultural barriers such as language, religion and different belief systems.
6. Utilize strategies and techniques for multicultural competencies in your practice.
7. Apply culture-based mindfulness and breathing methods.

**Questions?**  
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**800-844-8260**

Attend this seminar and enhance your knowledge and clinical skills in using integrative medicine for mental illness. You will learn an overview of methods for determining nutritional imbalances in patients, new technology for the treatment of depression, PTSD, pain and insomnia and how to integrate nutritional therapies with traditional approaches. Practical clinical applications of integrative medicine for mood disorders, anxiety disorders and eating disorders and the addictions, will be outlined along with case histories and supporting research.

Leslie Korn, Ph.D., MPH, LMHC, a leader in the field of integrative medicine for mental health, introduced alternative and complementary medicine and somatic psychotherapies in the department of psychiatry at Cambridge Hospital at Harvard Medical School. You will learn practical clinical applications and master the skills required to evaluate the hype, effectively counsel patients who are seeking alternatives to pharmaceuticals or for whom current medication strategies are not effective.



# Outline

**Methods for Integrative Medicine in Mental Health:**

From Big Mac to Zantac to Prozac: the standard American diet and mental health

Biochemical individuality; genetics, culture and environment determines the right diet

Amino acid precursors for neurotransmitter synthesis

Circadian Rhythm/Ultradian Rhythm and depression, PTSD, and insomnia

Principles of choosing and dosing vitamins, minerals, and botanicals

**Integrative Medicine for Mood Disorders, Chronic Stress and Pain**

Blood glucose and mood lability and sleep disorders

Preventing, augmenting or eliminating pharmaceuticals: What are the options?

Probiotics

Digestive enzymes

Gluten and depression

Fermented foods

Cholesterol and essential fatty acids

Chromium and trace mineral deficiencies

Hormonal deficiencies, including DHEA, thyroid, adrenal and testosterone

Stage-specific use of meditation and physical exercises

Cranial Electrical Stimulation

Acupuncture and Bodywork; the addictions, self-harm

Light therapy

Laboratory testing

**Integrative Medicine for Trauma and Anxiety Disorders**

Inositol for panic disorder and OCD

GABA precursors: L-theanine, milk biopeptides and amino acid therapies for anxiety

Panic disorder and hyperventilation: integrating breath retraining and nutritional interventions

Botanicals and minerals for insomnia and chronic anxiety

Vegetarianism and anxiety

**Integrative Medicine for Eating Disorders**

The role of amino acids in the treatment of bulimia and binge eating disorder

Role of B vitamins, stress, and essential fatty acids in eating disorders

Seasonal Affective Disorder, bulimia and PMS: what do they have in common and how do we treat

Acupuncture and Bodywork for eating disorders

**Questions and case questions after each section**

**Final**

Resources

Identify integrative practitioners

# Objectives

- 1 Identify the range of methods used in integrative medicine for mental health.
- 2 Explain the association between diet and mental illness.
- 3 Define nutritional methods to treat depression anxiety, bulimia, self-harm and insomnia.
- 4 Define botanical methods to treat depression anxiety and insomnia.
- 5 Define the relationship between amino acid imbalances and depression and anxiety.
- 6 Illustrate the association between gluten sensitivity and depression.
- 7 Define foods that harm and foods that heal.
- 8 Define step-by-step change strategies for clients.

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**\$219.99** (+ tax in HI) per person standard tuition for **one seminar day**

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