

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

August 2022

On behalf of Kathryn Wetzler, PsyD

**LAST CHANCE TO REGISTER FOR THE 2022
MENTAL HEALTH & ADDICTION VIRTUAL
SYMPOSIUM**

If you have not already done so, be sure to sign up for our upcoming Mental Health & Addiction Medicine Virtual Symposium! Regional Mental Health will be hosting this event which will feature nationally renowned keynote speakers and cutting-edge CE and CME workshops led by leading experts.

In addition to workshops and keynotes, we will be hosting poster presentations from our mental health trainees and psychiatry residents who will be sharing their innovative work over the course of the training year. We will also be highlighting some of our fantastic programming pertaining to EID and our continuing education library, along with hosting a lunchtime mindfulness meditation session.

The Symposium will be a great opportunity to connect with both old and new colleagues, and to learn from leading experts on how to transform your clinical work. Please mark your calendars and hope to see you there live on the 13th!

**Date: Saturday, August 13th, 2022****Time: 8:00AM-5:00PM --- VIRTUAL****Keynotes:** 2 keynotes**Workshops:** 10 workshops**Poster Sessions:** Poster sessions from trainees across the region**Special Programming:** Equity, Inclusion & Diversity, Wellness, Curriculum and Networking opportunities**Registration: NOW OPEN!****UPCOMING LIVE SEMINARS****Saturday, August 13, 2022****Kaiser Permanente Mental Health and
Addiction Medicine Virtual Symposium****8:00 am – 5:00 PM****Registration OPEN****Tuesday, August 30, 2022****Clinical Supervision: Telehealth,
Constructive Feedback, Cultural
Considerations, Episode of Care Model****Carol Falender, PhD****12:00 PM to 2:00 PM****Thursday, September 29, 2022****Multicultural Supervision: Framework,
Techniques and Challenges****Nadine Kaslow, PhD, ABPP****9:00 AM to 4:00 PM****(licensed professionals only)****Tuesday, October 18, 2022****Law & Ethics Review and Updates****Dan Taube JD, PhD****9:00 AM to 4:00 PM**

To register visit the Seminar Registration page on our website at www.mentalhealthtraining-ncal.kp.org

See Meetings, Events & Conferences Tab for calendar

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EQUITY, INCLUSION, & DIVERSITY

August is National Wellness Month, a natural for mental health professionals. Yet for professionals of color, Wellness can imply a hyper-individualized focus. Wellness that balances individual with communal orientations is increasingly being seen as crucial for those exposed to systems of social assault and oppression.

The July “Monitor on Psychology” offers a review of effective self-care practices for BIPOC MH professionals that integrates values such as resistance to oppressive forces, connection with community groups and traditions, and creativity and joy.

See: <https://www.apa.org/monitor/2022/07/news-psychologists-self-care>.

EID CALL TO ACTION: EMBRACE CULTURAL HUMILITY

Mental Health professionals are continually improving their cultural competence.

We call on you this month to work on this by embracing “Cultural Humility”—a commitment to reflecting on and challenging your own cultural biases. Cultural Humility acknowledges the complexity of identity and recognizes the uniqueness of each person’s identity. It also recognizes that understanding is a process with inevitable missteps along the way, requiring a commitment to openness and conversation.

Learn more at: [*Beginning the Journey of Cultural Humility*](#)



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