

# **Improving Outcomes: Enhancing Cultural Competency When Working with the LGBTQ Community**

## **Program Description**

Members of the Lesbian, Gay, Bisexual and Transgender community present to treatment with a great deal of challenges and strengths that have informed their experience. Participants of this workshop will increase their cultural competency in working with members of this community by learning more about identity development, resiliency as well as the discrimination and oppression that members of this community often face. This workshop will be interactive and participants will engage in thought provoking dialogue around these issues.

## **Program Objectives**

Upon completion of this program, participants will be able to:

1. Demonstrate increased familiarity of issues and barriers facing members of the LGBT community;
2. Explain the effect that discrimination and oppression can have on mental health and substance abuse issues;
3. List ways to provide more sensitive, affirmative, and culturally relevant and effective treatment to clients.
4. Identify ways to integrate respect and inclusion into the organization's culture.

## **Agenda**

Available upon request

## **Target Audience**

Mental Health Professionals; Psychologists; Substance Abuse Counselors, and anyone interested in this topic.

## **Credit**

3-6 hours

## **Faculty**

**Avery Cook, MSW, LCSW** is the Director of Counseling and Psychological Services at UNC-Chapel Hill, where they engage in clinical work with individuals on issues involving gender identities and expression, LGB culture and identity development, as well as anxiety, depression, and crisis intervention. They have been a field instructor with UNC-CH School of Social Work and serves as a training consultant with the School of Social Work's AHEC Training Partnership; conducting trainings across the state on issues related to gender identity and gender expression.