

Apoyando a los Jóvenes y Familias en la Navegación de los Retos Puesto por la Aculturación

Lopez-Urbina LCSW

THIS TRAINING WILL BE IN SPANISH

Provided by Family Paths (CEU Provider #62239) in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding. This workshop is free & open to those who work with children in the foster care system in Alameda County.

Descripción de la Capacitación

Cuando los padres emigran a los Estados Unidos desde otros países, en particular aquellos países afectados por trauma y pobreza, ellos llegan con esperanzas y sueños para un futuro mejor, especialmente para las futuras generaciones. Las familias con raíces cercanas de haber inmigrado esperan que sus hijos tengan un futuro con menos pobreza, trauma y otros retos que los padres pueden haber experimentado en su país de origen. Sin embargo, al criar hijos en los Estados Unidos, pueden experimentar tensión con sus hijos, especialmente en la adolescencia, a medida que los niños aprenden la cultura y las costumbres de los Estados Unidos y continúan negociando los lazos culturales de la etnicidad de sus padres. A menudo, esta tensión afecta la relación entre padres e hijos, lo que empeora aún más los retos típicos que enfrenta el sistema entre padres e hijos que se encuentran en el desarrollo normal de los adolescentes. Los padres y sus hijos pueden no comprender completamente los desafíos de la aculturación, sino que pueden personalizar el conflicto. La familia puede estar en desacuerdo debido a malinterpretar los roles e identidades culturales de los demás. La aculturación no es un proceso lineal y, a menudo, es una historia que solo cuenta cada individuo. Por lo tanto, en la prestación de servicios, es importante que

aprendamos cómo ayudar a las familias a navegar este desafío para fortalecer la relación entre padres e hijos y reducir el conflicto / tensión que pueda estar ocurriendo.

Objetivos de Aprendizaje:

1. Revisar el impacto y significado de la cultura en un sistema familiar.
2. Revisar la aculturación, incluidas las fortalezas y los desafíos para individuos y familias
3. Identificar estrategias para ayudar a los jóvenes y las familias a navegar la tensión relacionada con la aculturación
4. Practicar y aplicar estrategias identificadas para abordar los desafíos de aculturación de una manera culturalmente receptiva

Training Description

When parents immigrate to the United States from another country, particular those countries plagued with trauma and poverty, they often arrive with hopes and dreams for a better future, especially for generations to come. Families with recent immigrant roots

often hope that their children will have a future with less poverty, trauma, and other challenges that parents may have experienced in their country of origin. However, upon raising children in the United States, they may experience tension with their children, particularly in the adolescent years, as children learn the culture and customs of the United States and they continue to negotiate the cultural ties of their parents' ethnicity. Often this tension impacts the parent-child relationship which further exacerbates typical challenges faced in the parent-child system found in normal adolescent development. Parents and their children may not fully comprehend the challenges of acculturation, rather they may personalize the conflict. The family may be at odds due to misunderstanding each other's cultural roles and identities. Acculturation is not a linear process and it often is a story told only by each individual. Therefore, in service delivery, it is important that we learn how to support families in navigating this challenge in order to strengthen the parent-child relationship and reduce the conflict/tension that may be occurring.

Space is limited.

Registration is required.

Register at:

<https://www.eventbrite.com/e/a-poyando-a-los-jovenes-y-familias-en-la-navegacion-de-los-retos-puesto-por-la-aculturacion-registration-54767171083>

Please include any requests for accommodations for disability.

Breakfast & Snacks Provided.

When

**Tuesday February 26, 2019
9:00 am to 1:30 pm**

Where

Oakland, CA

Location given after registration at Eventbrite.

The Trainer

Jeanette Lopez-Urbina, LCSW has worked in the mental health/social services field since the year 2000, in various settings in Northern and Southern California, including residential and community-based services, through services such as Wraparound, psychotherapy, and violence prevention work. Jeanette has worked extensively with youth and families, especially in the area of trauma, including supporting youth and families in specialized services that address gang involvement, sexual exploitation, immigration trauma, and issues related oppression, racism, and acculturation issues. Jeanette is a bilingual Salvadoran-American practitioner who enjoys practicing mostly from a social justice, relational, and psychodynamic approach. She currently holds a Private Practice in Berkeley and is

adjunct faculty in a mental health professional institute in the Bay Area. Jeanette provides trainings throughout the Bay Area on topics related to the LatinX population, trauma informed care, and culturally responsive services.

Course Outline

- 09:00 Introduction
- 09:15 Overview of significance of culture on a family system
- 10:00 Overview of acculturation and its impact on youth and families
- 11:30 Break
- 11:45 Identify strategies in supporting youth and families in navigating tension related to acculturation
- 12:30 Practice and apply strategies in supporting youth and families manage acculturation challenges
- 01:30 Adjournment

El Entrenador

Jeanette Lopez-Urbina, LCSW ha trabajado en la área de servicios de salud mental / servicios sociales desde el año 2000, en diversos entornos en el norte y sur de California, incluidos servicios residenciales y comunitarios, a través de servicios como Wraparound, psicoterapia y trabajo de prevención de la violencia. Jeanette ha trabajado extensivamente con jóvenes y familias, especialmente en el área del trauma, lo que incluye brindar apoyo a

jóvenes y familias en servicios especializados que abordan la participación de pandillas, la explotación sexual, el trauma de la inmigración y problemas relacionados con la opresión, el racismo y la aculturación. Jeanette es una proveedora bilingüe salvadoreña estadounidense que disfruta practicando principalmente desde un enfoque de justicia social, relacional y psicodinámico. Actualmente tiene una Práctica Privada en Berkeley y es profesora adjunta en un instituto profesional de salud mental en el Área de la Bahía. Jeanette ofrece capacitaciones sobre temas relacionados con la población de LatinX, atención informada sobre el trauma y servicios culturalmente sensibles.

CEUs This training meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The 15 minute break is not included in the total CEU time awarded. CEUs will be awarded in person at the end of the training. Provided by Family Paths, Provider #62239 thru CAMFT CEPA. We will be unable to provide attendees with certificates of completion if more than 15 minutes of course content is missed.

Disability Accommodation Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Clinical Training Coordinator no later than 5 days before the training. The buildings where most of our trainings are conducted are wheelchair accessible and have disabled parking available.

Cancellation Policy We do not charge for our trainings at present and space is limited. **If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else.** If training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

Training Grievance Policy Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints/grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email to kmichaels@familypaths.org. Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

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REGISTRATION IS REQUIRED TO ATTEND

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sino que pueden personalizar el conflicto. La familia puede estar en desacuerdo debido a malinterpretar los roles e identidades culturales de los demás. La aculturación no es un proceso lineal y, a menudo, es una historia que solo cuenta cada individuo. Por lo tanto, en la prestación de servicios, es importante que aprendamos cómo ayudar a las familias a navegar este desafío para fortalecer la relación entre padres e hijos y reducir el conflicto / tensión que pueda estar ocurriendo.

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When: Tuesday February 26, 2018 9:00 am to 1:30 pm

Where: Oakland, CA ~ Location given after registration.

Details: Coffee, Tea and Snacks will be provided.

The Trainer: Jeanette Lopez-Urbina, LCSW ha trabajado en la área de servicios de salud mental / servicios sociales desde el año 2000, en diversos entornos en el norte y sur de California, incluidos servicios residenciales y comunitarios, a través de servicios como Wraparound, psicoterapia y trabajo de prevención de la violencia. Jeanette ha trabajado extensivamente con jóvenes y familias, especialmente en el área del trauma, lo que incluye brindar apoyo a jóvenes y familias en servicios especializados que abordan la participación de pandillas, la explotación sexual, el trauma de la inmigración y problemas relacionados con la opresión, el racismo y la aculturación. Jeanette es una proveedora bilingüe salvadoreña estadounidense que disfruta practicando principalmente desde un enfoque de justicia social, relacional y psicodinámico. Actualmente tiene una Práctica Privada en Berkeley y es profesora adjunta en un instituto profesional de salud mental en el Área de la Bahía. Jeanette ofrece capacitaciones sobre temas relacionados con la población de LatinX, atención informada sobre el trauma y servicios culturalmente sensibles.

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Parking: *NOT provided.* We are sorry, but there is NO parking in the Family Paths lot. The lot is reserved for staff and clients only. Parking options include: There is 2 hour meter parking around the building. There are also multiple \$7 lots in the area. These usually require cash. In addition we are located walking distance from 19th street BART station. And if you are open to a little walk, there is free parking across the freeway on and around 18th street. Please allocate enough time to find parking in the area. Here's the parking map for the area: <http://en.parkopedia.com/parking/oakland/>

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Questions?

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