

IN-PERSON LIVE-ONLINE**JULY 3rd - JULY 7th, 2023****ANATASIA S. KIM, PhD**

Anatasia S. Kim, PhD is a tenured Professor at The Wright Institute in Berkeley, CA. She received her B.A. in Psychology from UC Berkeley and her Ph.D. in Clinical Psychology with a minor in Developmental Psychology from UCLA. She is a National Ronald McNair Scholar and the recipient of several awards, including the American Psychological Association Minority Fellowship, Okura Mental Health Fellowship, and APAGS Guardian of Psychology Award. In addition to graduate teaching, she has a private practice specializing in treating children, teens, and young adults with anxiety disorders, depression, and neurodiversity using Cognitive Behavioral Therapy, Attachment Theory, Family Systems, and Buddhist Psychology. She also provides Diversity Equity and Inclusion (DEI) consultation and training across various sectors including higher education, health care, corporations, management, tech, government, and community agencies. She has served as President of the Alameda County Psychological Association, Chair of the California Psychological Association (CPA) Immigration Task Force, CPA's state Diversity Delegate, and APA Division 31 Diversity Leadership Development Program. Dr. Kim is the lead author of *It's Time to Talk (and Listen): How to Have Constructive Conversations About Race, Class, Sexuality, Ability, and Gender in a Polarized World* (New Harbinger, 2019), *Clinical Psychology Internship for Underrepresented Students: An Inclusive Approach Toward Higher Education* (Routledge, 2021), and forthcoming books *Cultivating DEI Conversations in Higher Education: An Educator's Guide to Learning, Engagement, and Belonging* (Routledge, 2024) and *A Teen Therapists' Guide for Navigating Hot Button Topics Surrounding Race, Gender, Sexuality, Religion, and More* (PESI, 2024). www.anatasiakim.com

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice

15 Hour In-Person & Live-Online Course

Monday - Friday: 9:00a.m. - 12:30p.m. EDT / 30-Minute Break Daily at 10:30a.m.

In today's increasingly stressful and divisive world, conversations about Diversity, Equity, and Inclusion (DEI) seem impossibly difficult. Against the backdrop of dire issues such as racism, LGBTQ rights, immigration, wealth inequality, and climate change, among many others, our collective discourse has been relegated to vitriolic sound bites of tit-for-tat that play out destructively on social media.

The result has been deepening social, cultural, and political fractures that have disrupted our lives and relationships with one another in profound ways. This includes our relationships with clients, supervisees, managers, co-workers, employees, and even loved ones.

In response, professionals and organizations everywhere have been scrambling to enlist in anti-bias or diversity training. Unfortunately, the majority of these focus mostly on abstract knowledge and fall short on tangible, actionable tools.

This workshop will focus on the critical skills needed to have constructive DEI conversations in ways that can help advance meaningful change in our clients, teams, places of work, and community. Using a variety of teaching methods – lectures, small group discussions, and experiential exercises – participants will better understand why attempts at DEI conversations often fail, common missteps that we all perpetrate, and specific skills we can use to support conversations and repair ruptures.

Skills will be presented using a comprehensive framework (Kim & del Prado, 2019) based on theoretical influences from Cognitive Behavioral Therapy, Attachment Theory, Family Systems, and Buddhist Psychology. Participants will leave the workshop with an individualized plan that they can immediately implement for improving their personal efficacy in their places of work and community.

This workshop is intended for a broad audience, including clinicians of all levels, educators, managers, supervisors, and organizational leaders.

Course Agenda

Monday:

Why Conversations About Culture and Diversity are so Difficult

- State of the union
- Why history still matters
- Wired for connection
- Universal barriers
- Common missteps
- Locating myself

Tuesday:

Concrete Skills to Support Difficult DEI Conversations

- A step-by-step approach: Overview, rationale, and theoretical underpinnings
- Preparation phase: Steps 1-3
- Invitation phase: Step 4-5
- Conversation phase: Steps 6-7
- Repetition phase: Step 8
- Illustrations

Anatasia S. Kim, PhD | Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice | July 3rd - July 7th, 2023**Wednesday:****Mirror, Mirror on the Wall**

- Self-assessment: Areas of strength and areas for growth
- Why and how to address personal pain points using specific steps/skills
- Illustrations and practice

Thursday:**Rupture and Repair**

- Common DEI ruptures
- Common missteps in repair
- Constructive repair
- Illustrations and practice

Friday:**A Personal Game Plan**

- An individualized plan
- Anticipated barriers
- Accountability plan and partner
- Share plans and offer constructive feedback

Course Objectives

Upon completion of this course participants will be able to:

1. Discuss at least two reasons why Diversity, Equity, and Inclusion (DEI) conversations are difficult.
2. Describe at least two common missteps when having difficult DEI conversations.
3. Describe how understanding one's goal for a DEI conversation is important.
4. Identify at least two personal barriers that often get in the way of having constructive DEI conversations.
5. Identify at least two personal values to support constructive DEI conversation goals.
6. Identify an effective way to "open"/"invite" a DEI conversation.
7. Describe how to communicate a difficult DEI matter while staying relationally connected.
8. Describe why deep listening is essential for constructive DEI conversations.
9. Identify how to disagree (or repair ruptures) in a DEI conversation while staying relationally connected and inviting more respectful dialogue.
10. Identify at least two ways to repeat difficult DEI conversations.
11. Create an individualized accountability plan for moving forward at work and community.

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice, Course #4930, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 Cultural Competence continuing education credits. Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Speaker Disclosures:

Financial: Anatasia Kim has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute. **Non-Financial:** Anatasia Kim has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Norwalk, CT 06852
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267
E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment

In-Person, Live-Online

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In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster

In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories

In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness

In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop

In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians

In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation

In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice

In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future

In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach

In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments

In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard

In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself

In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning

In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between

In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development

In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties

In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma

In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss

In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment

In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span

In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics In AEDP™

In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life

In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities

In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG