



You are invited to the 12th Annual Evelyn Lee Diversity & Cultural Competency Training

Asian Americans and Microaggressions: Clinical Implications



Presenter: Kevin Nadal, Ph.D.

**Friday, October 12, 2018
9 AM - 12 Noon**

**Milton Marks Auditorium
State Building
455 Golden Gate Ave,
San Francisco, CA 94102**

Sponsored by:



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Course Description:

Over the past 10 years, there has been an increase in the concept of microaggressions, or subtle forms of discrimination. With hundreds of studies conducted, the term "microaggressions" even entered the Merriam Webster dictionary in 2017.

This workshop will discuss what microaggressions are and how they impact individuals' mental health- including depression, anxiety, and trauma.

Dr. Nadal will review the different types of microaggressions people experience and will discuss strategize ways to best navigate them.



Kevin Leo Yabut Nadal, Ph.D. is a Professor of Psychology at both John Jay College of Criminal Justice and the Graduate Center at the City University of New York. An award-winning scholar, he is a National Trustee of the Filipino American National Historical Society (FANHS) and the founder of the LGBTQ Scholars of Color Network. He is a Past President of the Asian American Psychological Association and a former Executive Director of the CLAGS: The Center for LGBTQ. A graduate of Columbia University, he is the author of over 100 publications and 5 books, including *Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice* (2011, Wiley) and *Microaggressions and Traumatic Stress* (2018, APA). A scholar-activist, he has written for Huffington Post, BuzzFeed, and the New York Times, and has been featured on NBC, CBS, ABC, and People. He was the 2017 recipient of the American Psychological Association Early Career Award for Distinguished Contributions to the Public Interest, and he was named one of NBC's Pride 30 in 2018.

Learning Objectives:

By the end of the workshop, participants will be able to:

- Define microaggressions and provide examples of microaggressions that occur in people's everyday lives
- Describe implicit bias and its impact on interactions between people
- Identify strategies to address microaggressions when they occur

Attendance is FREE. Continuing Education Credits provided for \$20. Payments can be made on-site to Richmond Area Multi-Services, Inc. Participant attendance is for FULL THREE HOURS only. CE Credits: RAMS is approved by the California Psychological Association (RIC121) and California Board of Behavioral Sciences (PCE4601) to provide continuing education for Psychologists, MFTs, LCSWs, and LPCCs. RAMS maintains responsibility for this program and its content. This training meets the qualifications for 3 hours of CE credits. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credit. Please arrive early to allow time for security check-in.

About Evelyn Yee-Wai Miu Lee Fong (1944-2003): This annual training has been named in honor of Dr. Evelyn Lee, Ed.D., L.C.S.W., who was widely respected in the mental health field and the Asian American community, as a clinician, administrator, teacher, author, community advocate, and humanitarian. Dr. Lee served as the Executive Director of RAMS (1990-2003) as well as a Clinical Professor of Psychiatry at UCSF, Vice President for the Board of National Asian American Pacific Islander Mental Health Association (NAAPIMHA), and she received numerous community service and teaching awards throughout her career, in recognition for foresight and innovation in the mental health field.

For more information, contact:
Connie Chuang at (415)800-0699 or conniechuang@ramsinc.org