

BOOKMARK CONNECTIONS: PROFESSIONAL TRAINING & COACHING

INTERCULTURAL COMMUNICATION EXTENDED TRAINING GROUP FOR THERAPISTS

Cheryl Forster, Psy.D., Licensed Psychologist

N O T I N G H O W L E A R N I N G C A N B R I N G U S T O G E T H E R
W W W . B O O K M A R K C O N N E C T I O N S . C O M

2016 TO 2017 DATES:

- September 27th
- October 4th
- November 1st
- December 13th
- January 10th
- February 7th
- March 7th
- April 4th
- May 2nd
- June 6th

T I M E S & R A T E S

Mental Health Therapist & Graduate Student Training

6:30 to 8:30 pm
10 Group Meetings
Tuesday Evenings

Licensed Professionals
\$800 total
****20 CE Hrs.****

Working towards
licensure
\$650 total

Graduate Students
\$500 total

M E N T A L H E A L T H T H E R A P I S T S & G R A D U A T E S T U D E N T S

We tend to have specific ways we define "good" communication and conflict resolution (e.g., "I feel" statements, direct processing, assertive communication). However, if we do not incorporate intercultural communication (IC) concepts, unintentional misunderstandings may occur with our clients and in our relationships. We cannot always assume our standards are universal or right.

Much of what is taught in diversity classes stems from the very valuable social justice tradition. The intercultural perspective is complimentary; it focuses on interactions. It allows us to greatly expand our skills, and go beyond empathy, understanding, and "do's & don'ts" type interventions.

Increasing our ability to navigate our differences allows us to truly connect with others. When it comes to cultural competence, diversity and social justice are like

the gross motor skills and intercultural communication constitutes the fine motor skills. It is necessary to work at the intersection of these two fields.



Crossing and building bridges takes courage, curiosity, and compassion.

Interculturalism applies to our personal and professional relationships (not just with people from other countries), as well as our roles and organizations.

This type of work is meaningful, yet challenging and complex; here is an opportunity to grow.

Come learn in a positive and low-pressure environment; increase your confidence & effectiveness!!

CALL OR EMAIL TO JOIN:

#971.266.3638

DRCHERYLFORSTER

@GMAIL.COM

TUESDAYS 6:30 TO 8:30 PM

MONTHLY (10 MEETINGS)

LOCATION: CLASSROOM 12

MULTNOMAH FRIENDS

MEETINGHOUSE

4312 SE STARK STREET

PORTLAND, OR

O R E G O N C U L T U R A L C O M P E T E N C Y C E

E A R L Y B I R D D I S C O U N T

This is a 10-month group that covers a range of intercultural communication topics in the field. The material is progressive & group cohesion is key. You can pay in full beforehand, or you can pay in installments.

FLEXIBLE PAYMENT OPTIONS.

Pay in FULL

By AUGUST 28th

Save \$100

For licensed psychologists, social workers, counselors, and therapists:

20 CE Hours

Please email for information about the refund & absentee policy. There is a **\$40 CE FEE for UNLICENSED** therapists or students (e.g., certification).

BOOKMARK CONNECTIONS

PROFESSIONAL TRAINING &
INTERCULTURAL COACHING

CHERYL FORSTER, PSY.D.

LICENSED PSYCHOLOGIST

As a psychologist and an Asian-American woman, Cheryl brings a strong and unique set of skills to her work as a professional trainer (and intercultural coach). Her subject matter expertise, love of learning, and warmth come across in her trainings. Cheryl graduated from Tufts University with her master's in applied developmental psychology, and earned her doctorate in clinical psychology from Pacific University. Since 2004, she has worked at Portland State University's (PSU) Center for Student Health and Counseling, where she is a therapist, supervisor, and the Coordinator of Diversity and the Psychology Internship (PSU has a doctoral internship training program). She was an Association of Counseling Center Training Agencies' (ACCTA) Diversity Scholar and obtained her Intercultural Practitioner Certificate from the highly respected Intercultural Communication Institute. She has partnered with the Healing Feathers' Program at PSU since 2008, and is a Qualified Administrator of the Intercultural Development Inventory (IDI) and professional affiliate of APA's Division 45—Society for the Psychological Study of Culture, Ethnicity, and Race. Moreover, Cheryl is a contributing author in *The Encyclopedia of Intercultural Competence* (SAGE, 2015), and also pursues ongoing advanced studies in organizational psychology, trauma-informed services, conflict resolution, interpersonal neurobiology, and training and development. Her commitment to the learning process led her to establish her training and coaching business.

* This training should meet the criteria for the Oregon Cultural Competency Continuing Education (CCCE) credits; please check with your board to confirm. Continuing education credit for this program is awarded by *Commonwealth Educational Seminars*; please go to www.bookmarkconnections.com for more information.

Noting how learning can bring us together.

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WWW.BOOKMARKCONNECTIONS.COM

PORTLAND, OREGON

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