

**BHCS Office of Ethnic Services is pleased to offer a FREE training:  
“Caught in the Crossfire of Cultures”**

**Part IV: Mental Health Issues and Relevant Challenges**

May 3, 2019, 11:00 a.m. – 4:00 p.m.

Sign in begins at 10:45 a.m. Training starts promptly at 11:00 a.m.  
2000 Embarcadero Cove, Oakland, CA 94606  
Gail Steele Room (sign in on 4<sup>th</sup> floor)

Description: This **Five-Part training series** is designed to help clinicians and professionals working with the Afghan immigrant population in Alameda County to understand and better accommodate the various mental health challenges the Afghan refugees are experiencing.

*\*Attending all five parts is encouraged for the most benefit, but not required.*

**Educational Goals for attendees:**

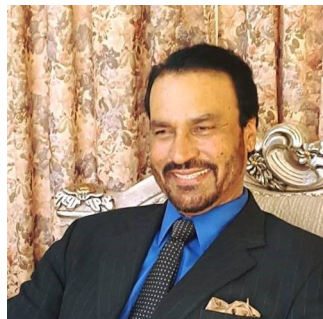
1. Understand the cultural challenges faced by the Afghan immigrants
2. Learn the myths and barriers that inhibit help seeking patterns
3. Gain culturally responsive clinical skills
4. Enhance clinical/professional interactions

**Measurable Learning Objectives:**

**Upon completion of this workshop attendees will be able to:**

1. Identify five common mental health disorders presented by the Afghan immigrant community.
2. Assess the symptoms and triggers of these mental health issues.
3. Discuss barriers to seeking professional help.
4. Demonstrate effective approaches to serving the Afghan immigrant population.

Trainer: Dr. Khalil Rahmany, Ph.D. is a Licensed Clinical Psychologist who has completed his doctoral dissertation on the psychological adjustment of the Afghan refugees in the United States. He has operated a private clinical practice in Newark, California for the past 20 years treating patients with diverse clinical challenges and is an Adjunct Professor of Psychology at Chabot College. Dr. Rahmany regularly educates the community regarding psychological disorders commonly experienced by the Afghan population through his free satellite TV show. He is the author of “Where the Bear met the Lion” and has written extensively on refugees’ struggle in their host country, co-founded the Hume Center, and is founder/President of the Afghan Psychological Association of America, a non-profit community-based organization.



**FOOD: Lunch will be provided by the Office of Ethnic Services**

(schedule includes one 30-minute lunch break plus 2 15-minute breaks)

If you have a reasonable accommodation request, or grievance regarding a BHCS training, go to: <http://www.acbhcs.org/training-calendar/>

**REGISTRATION:**

Please register online at:

<http://alameda.netkeepers.com>

For registration help contact:

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

Ph: 510-567-8113

*When emailing, include Date and Title in Subject line.*

For other information about this training contact:

Javarré Wilson,

[javarre.wilson@acgov.org](mailto:javarre.wilson@acgov.org)

**Attend all five parts of this series!**

Part I: Refugees Struggle / Home Away From Home

Part II: The Family Construct and Relevant Dynamics

Part III: Youth and their Identity Crisis

Part IV: Mental Health Issues and Relevant Challenges, May 3, 2019 in Oakland Gail Steele Room

Part V: Gender Role Issues with the Dynamics of Culture May 24, 2019 in Oakland Gail Steele Room repeated June 7, 2019 in Fremont Millennium Room

**Continuing Education**

*This course meets the qualifications for 4 hours of continuing education credit for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0620; for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: in order to receive CE credit, you must attend the full training and complete an evaluation*

*CE Certificates will be sent to qualifying training participants via email within 30 days after the training.*