



Sandra A. López is a Licensed Clinical Social Worker from Houston, Texas with over thirty-eight years of practice experience in academia and private practice. She holds NASW distinctions as an Academy Certified Social Worker and Diplomate in Clinical Social Work. She is a recently

retired Clinical Professor from the University of Houston Graduate College of Social Work where she served as Director of the Social Work Trauma Education Program. Her teaching excellence was recognized in her selection as Outstanding Faculty by ten graduating classes. Because of her outstanding contributions to the College, a scholarship was established in 2014 called the Sandra A. López Scholarship Endowment for Excellence in Clinical Practice.

López is a longtime member of NASW and has held numerous leadership positions locally and nationally. Due to her contributions to NASW and the profession, the NASW Texas Chapter renamed their Leadership Institute in November, 2005, to what is now The Sandra A. López Leadership Institute. She has received numerous honors and awards including NASW Texas Social Worker of the Year, Lifetime Achievement Award, and most recently the 2016 Social Work Excellence Award from the University of Houston Graduate College of Social Work.

She is currently in clinical and consulting practice with established expertise in the arena of trauma and in particular traumatic grief. She is a widely recognized local, state, and national keynote presenter, trainer, and consultant on several major subject areas including trauma, trauma informed care, traumatic grief, clinical social work supervision, ethical practice, compassion fatigue, secondary trauma, vicarious trauma, and the practice of self-care. She is nationally recognized as a staunch advocate and passionate speaker on topics such as addressing vicarious trauma and promoting self-care and resiliency in social work and helping professions.

***Diversity within Diversity:  
The Intersection of Identities  
within Groups  
October 19th, 2018***

***Culturally Competent  
Ethical Practice:  
Practicing Cultural Humility and  
Embracing Cultural Opportunities***

***3 Ethics CEUs and up to  
7 Total CEUs***

***Location:***

*The Council on Recovery  
303 Jackson Hill St.  
Houston TX 77007*

***Register online at [hgps.org](http://hgps.org)  
or scan the code with your phone***



## Overview of Featured Topic

### **Culturally Competent Ethical Practice: Practicing Cultural Humility and Embracing Cultural Opportunities**

Our professional code of ethics across disciplines sets ethical standards for promoting cultural competence in our clinical practice. Still, as clinical practitioners we may struggle in knowing how to effectively work with diverse cultures especially in our world today. Contemporary views of culture acknowledge that individuals may draw from various cultural affiliations in defining their identity or identities which may influence their perception of problems and ways of coping. The intersection of these distinct cultural identities can create complex encounters and even challenging ethical dilemmas for the clinical practitioner especially in group psychotherapy. This keynote will address how we can best navigate these complex challenges, adopt a practice of cultural humility, and seize the cultural opportunity.

By the end of the keynote presentations, participants will be able to:

1. Explore the ethical responsibilities related to cultural competence
2. Define a theoretical framework for cultural competent practice
3. Describe key cultural constructs including cultural humility, cultural opportunities, microaggressions, and other constructs to enhance cultural understanding
4. Identify clinical ethical dilemmas in the context of clinical practice; and
5. Explore practical application of an ethically culturally competent practice approach.

## 2018 Conference Sponsorship

HGPS gratefully acknowledges and appreciates the generous support of our corporate and membership supporters. Please see the HGPS website ([www.hgps.org](http://www.hgps.org)) for a complete list.

## Specific Interest Groups

These groups offer intensive learning about specific theories and approaches in group treatment. Registrants can pursue current interests in greater depth or learn ways of integrating new approaches and methods into their work. Most of the specific interest sections have extensive experiential components. Groups are experiential in nature, meaning participants are invited to express personal thoughts and feelings as they are experienced.

## Houston Group Psychotherapy Society

### **Mission Statement**

*HGPS is the organizational and professional voice for the multidisciplinary mental health community trained in the practice of group psychotherapy. While adhering to the highest standards of excellence, HGPS offers unique opportunities for educational growth and for expanding knowledge of the many facets of group psychotherapy from fundamental group concepts to advanced practical skills.*

*HGPS is an Affiliate of the American Group Psychotherapy Association. HGPS membership is open to mental health clinicians, researchers, students, and trainees. Join HGPS today by downloading the application and referral forms from [hgps.org](http://hgps.org).*

### **2018 Training Opportunities**

*Additional CEU programs and those below are offered throughout the year and are posted at [www.hgps.org](http://www.hgps.org).*

*Principles of Group Psychotherapy Course  
Ongoing Process Groups  
Bi-Monthly CEU Events  
Consultation Groups*

*To register or inquire contact:  
Amy Matthews at 713-668-2680.*

# 2018 Institute Schedule

## Friday, October 19th, 2018

7:45am	Registration	12:15pm	Lunch
8:15am	Welcome Announcements / Plenary: Helen Chong, President	1:30pm	Breakout Group
8:20am	Information and Announcements	3:00pm	Break
8:30am	Sandra López	3:15pm	Awards, Raffles, Sponsors, Announcements
10:30am	Break	3:30pm	Sandra López
10:45am	Breakout Group	5:30pm	Closing and Evaluations

## Specific Interest Groups

### ***I. The Practice of Cultural Humility with Sandra A. López, LCSW, ACSW, DCSW***

Culture can be a significant influence in the dynamics and experience within groups. Facilitating the often-delicate conversations about cultural affiliations, biases, blind spots, and navigating cultural conflicts is an essential skill for group therapists in our world today. This break-out session will focus on the development of the practice of cultural humility within the group experience and demonstrate its practice within the group context.

### ***II. Psychodramatic Role Reversal as Diversity Training with Jana Rosenbaum, LCSW, CGP and Sue Barnum LPCC (NM), TEP, CGP***

Role reversal allows participants to “step into the shoes” of those from diverse backgrounds. Participants will be given roles to take and coached. This is experiential work, although technique will be discussed. Participants will share their experiences of “becoming another.”

### ***III. Who's Speaking? with Daniel Garcia, PhD***

Sometimes we speak with words, other times with gestures, and still other times with silence. Jacques Lacan asserted that while content matters, what is of greater therapeutic consequence is who speaks. By asking who speaks, we promote the subject's emancipation and curtail his/her alienation. These fundamental Lacanian concepts will be explained and applied through experiential exercises.

### ***IV. Racial Microaggressions and its Effect in the Therapeutic Process with Kamilah Thomas, LCSW***

Participants will learn about racial microaggressions, dilemmas of addressing racial microaggressions, the different types of microaggressions in the therapeutic process, and how it affects the therapeutic relationship.

### ***V. Understanding and Supporting the Latino Bereaved Community with Flor Guebara, LCSW and Cristina M. Flores, LCSW***

This presentation will provide detailed information on the difference in the language used when describing the grief process within the Latino culture as well as grief and its impact in the Latino community. The discussion will explore key cultural values that impact the grief journey of Latinos in the United States. Additionally, we will discuss important concepts to take into account when offering culturally competent services to the Latino bereaved community.

### ***VI. An Experiential Journey into Power Dynamics, Values, and Resources with Jennifer Markey, PhD***

Learning about ourselves often comes from engaging in simple experiences that appear basic on the surface yet contain complex lessons that illuminate the whys behind our decisions and actions. Participants will build an actual city/community and have the opportunity to explore their values and biases in their roles as humans and clinicians.

### ***VII. Self-Care for Parents of Transgender Children with Denise O'Doherty, LPC, LMFT, LCDC, RN***

Parents with a transgender child encounter a unique set of challenges as their child goes through the transition process. This group will focus on the emotions and experiences of those parents. The goal is to develop a framework to help parents manage their emotions.

### ***VIII. Integrating Trauma-Informed Yoga into Group Psychotherapy with Elizabeth Haberer, LCSW***

This course will provide training, guidance and support to clinicians wishing to integrate trauma-informed yogic practices and movement into their process groups. Equipment will be provided.

## 2018 Conference Faculty

Keynote: Sandra López, LCSW, ACSW, DCSW

Sue Barnum, LPCC (NM), TEP, CGP  
 Cristina Flores, LCSW  
 Daniel Garcia, PhD  
 Flor Guebara, LCSW  
 Elizabeth Haberer, LCSW

Jennifer Markey, PhD  
 Denise O'Doherty, LPC, LMFT, LCDC, RN  
 Jana Rosenbaum, LCSW, CGP  
 Kamilla Thomas, LCSW

## HGPS 2018 One Day Conference Committee

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## Fee Schedule

HGPS		Students	Agency (3+ persons registered together)
Members	Non-Members		
<b>Online registration <u>PRIOR</u> to Sept 19, 2018</b>			
\$175	\$210	\$70	<b>Please contact HGPS administrator for more info at 713-668-2680</b>
<b>Online registration <u>AFTER</u> Sept 19, 2018</b>			
\$190	\$225	\$85	<b>Please contact HGPS administrator for more info at 713-668-2680</b>

- Volunteers attend free. If you are interested in volunteering call Amy Matthews at 713-668-2680.
- Scholarship available. Please apply online at HGPS.org.