

## COURSE DESCRIPTION AND LEARNING OBJECTIVES

Multicultural Competence (MC), also known as cultural competence or intercultural competence, refers to the ability to effectively interact and communicate with individuals from different or similar cultural backgrounds, respecting and valuing their beliefs, values, and practices. MC plays a crucial role in the field of psychology. It refers to the ability of psychologists and mental health professionals to understand and address the cultural factors that influence individuals' experiences, behaviors, and mental health. This course will review MC and integrate current research.

Dr. Abdullah will introduce and review the history of MC, the various dimensions of MC, and various applications of MC. The three primary aspects of MC are Awareness, Knowledge, and Skills. This training will provide increased cultural awareness, enhance knowledge of cultural differences, and improve cross-cultural communication skills. He will review the current and relevant literature and provide attendees with reflection prompts and guide them through small group discussions to give attendees practice applying their knowledge, skills, and awareness. In order to engage the participants in the topic, the instructor will use game activities to create enthusiasm about the three main components of MC.

Finally, the attendees will compare their knowledge and experiences of MC with new theories, such as Cultural Humility and Identity Development Theory, through breakout group discussions and activities to encourage personal reflection.

1. Identify and demonstrate understanding of personal cultural background, biases, and assumptions.
2. List at least one culture outside their own and demonstrate knowledge of the values, beliefs, customs, communication styles, and social norms of that culture to incorporate in their teaching and practice.
3. Assess their ability to communicate effectively across cultures by demonstrating active listening skills, empathy, and strategies for adapting their communication style to respect cultural differences in the clinical setting.
4. Describe Cultural Humility and Identity Development theories and compare their knowledge and experiences of MC with these new theories.