**Program Description \***

**Describe your proposed presentation to include rationale, theory, and applicability to conference participants.**

This workshop will provide a brief review of research literature on multicultural counseling outcomes and review some strengths and limitations of Multicultural Counseling Competencies. An empirically supported, supplementary model known as Multicultural Orientation (MCO) will be reviewed and demonstrated. Multicultural Orientation (MCO) consists of two major domains: the client’s perception of the degree to which the counselor addresses culture and cultural opportunities in the session, and the client’s perception of the counselor’s cultural humility. Thus, MCO is an interpersonal stance and “way of being” that is responsive to a client’s cultural identity and experiences as seen from the client’s perspective. Cultural opportunities refer to moments in counseling sessions when the counselor has an opportunity to address and focus on the client’s cultural identity. This is highly applicable to conference attendees as counselors are increasingly expected to be culturally competent and to demonstrate effective outcomes. This workshop specifically addresses these two expectations and attendees will leave the workshop with specific skills to embody more cultural humility and to improve their counseling outcomes.

**Program Title \***

**100 character limit**

Cultural Humility: Improving Counseling Outcomes and Privileging the Client’s Voice

**Brief Program Summary to Be Included in the Conference Program Guide\***

**50-word paragraph limit. Describe your presentation in 50 words or less, not including spaces. Include only key points and benefits to attendees. The Conference Program Guide will only list the session title and this summary.**

Multicultural Counseling Competencies have provided a useful framework for counselor development, but this model also has limitations regarding improving multicultural counseling outcomes. With this in mind, this workshop will provide hands-on skills for counselors to enhance their cultural humility, privilege the client’s voice, and improve multicultural counseling outcomes.

**Program Outline: Program Topic \***

**Identify the most important information/activities about which you will be presenting.**

This workshop will provide a brief review of research literature on multicultural counseling outcomes and review some strengths and limitations of Multicultural Counseling Competencies. An empirically supported, supplementary model known as Multicultural Orientation (MCO) will be reviewed and demonstrated. Multicultural Orientation (MCO) consists of two major domains: the client’s perception of the degree to which the counselor addresses culture and cultural opportunities in the session, and the client’s perception of the counselor’s cultural humility. Thus, MCO is an interpersonal stance and “way of being” that is responsive to a client’s cultural identity and experiences as seen from the client’s perspective. Cultural opportunities refer to moments in counseling sessions when the counselor has an opportunity to address and focus on the client’s cultural identity. Most of the session will be spent describing, demonstrating, and reviewing practice guidelines for incorporating MCO.

**Program Outline: Brief Summary of Information, Technique, or Theory \***

**Summarize the information, technique, or theory about which you will be presenting and its importance to the profession.**

The theory being presenting is Multicultural Orientation. As mentioned, this consists of cultural humility and cultural opportunities. This theory is aligned in some ways with social constructionist theory and dynamic sizing. In essence, MCO and this workshop focuses on understanding how to adapt treatment to individual clients of different cultural backgrounds than the counselor, to embody cultural humility, and methods to seize on cultural opportunities in the session.

**Program Outline: Description of Presentation Method \***

**Identify the method(s) you will be using to present your information/material during the presentation.**

This workshop will be delivered via PPT in a dynamic, engaging style. I will quickly review some core research findings regarding multicultural counseling practice and provide emphasis about why these matter for practicing counselors. I will review some strengths and limitations of Multicultural Counseling Competencies and provide an overview of Multicultural Orientation (MCO) including research support for this model. I will provide several case examples to illustrate important points about cultural humility and MCO. I will also show a brief video clip (2 minutes) of a multiculturally critical moment in a counseling session. Attendees will critique this clip in dyads using the MCO model. Barriers to developing and methods for increasing cultural humility and MCO will be reviewed and demonstrated.

**Program Outline: Relevance of Your Presentation to the Conference Theme \***

**Describe the relevance of your presentation to the conference theme.**

New Mexico is a diverse state and has largest percentage of Hispanic residents in US and a high percentage of Native peoples. Because of the diversity of the state of New Mexico, and the country, and the increasing number of minorities (e.g., racial, sexual, gender, etc.) served by counselors, it is imperative that counselors translate research into practice to understand how to best serve clients who are culturally different than them. Research on cultural humility and MCO has burgeoned in recent years but this research has scarcely been methodically implemented into counseling practice. This presentation will provide hands-on skills and knowledge for counselors to walk out the door with a model and framework to help them improve their cultural humility.

**Program Outline: Description of Handouts \***

**Describe the handouts you intent to provide in your presentation.**

Handouts of the PPT will be made available for download or viewing on the presenters website. The url will be provided to attendees.

**Learning Objectives of Your Presentation \***

**Identify three learning objectives; at least one objective must be focused on how professional counselors may use the knowledge presented to help clients/students/patients.**

The following objectives apply to this workshop:

-Attendees will understand the strengths and limitations of MCCs and how MCO fills the gaps of MCCs limitations.

-Attendees will learn basic research findings about multicultural counseling outcomes and how MCO improves these outcomes.

-Attendees will learn specific steps to take to increase cultural humility in their sessions, to embody MCO in their sessions, and to improve multicultural counseling outcomes