



CULTURAL COMPETENCE TRAINING:

**WORKING EFFECTIVELY
WITH AUSTRALIAN
MUSLIM YOUNG PEOPLE**

Friday 13th & Saturday 14th October



Why do we need Cultural Competence Training?

The 2016 social media campaign #1.6billionwaystobeamuslim was established to combat the “they’re all the same” phenomena, more accurately known as group entitativity. Pushing back against the swell of anti-Muslim and anti-Islam rhetoric prevalent in media and political commentary is just one of the ways young people born in the post-9/11 era, use to cope with the feelings that arise from identity denial, discrimination and marginalization. Whilst understanding the context of a specific group is a culturally competent practice, it is important to understand that Young Australian Muslims are very diverse in their backgrounds, attitudes and aspirations. Diversity also exists with regards to their level of religiosity, their ethnic and national origins, educational and occupational backgrounds and family history.

When we are unfamiliar with a client’s cultural background, we often either minimize cultural differences to connect with clients and culturally diverse communities or we exaggerate and misinterpret the meaning of cultural differences. This leads to incorrect diagnosis, poor treatment planning and ineffective intervention and program design.

Whilst working effectively with any client who has a cultural and/or religious background different to one’s own requires a degree of cultural knowledge, this aspect constitutes only one of four evidenced based cultural competencies that enable practitioners to work effectively in culturally diverse situations.

This training will provide an opportunity for practitioners to engage with *The CQ Model*, the evidence-based framework that underpins the concept Cultural Intelligence in treatment, intervention and program planning.

WORKSHOP DETAILS

This two-day cultural immersion experience will include professionally informed and engaging facilitated discussions, “speed dating”, experiential activities, art therapy and specialist guided tour of the Islamic Museum of Australia.

Participants will determine their own learning outcomes at the beginning of the session sparked by curiosity & relevance to professional role.

- Explore ways to strengthen your own cultural intelligence - developing fluency working between and within diverse cultural groups
- What does it mean to be an Australian?
- Explore ways to establish credible connections with your clients
 - Deepen your understanding of resilience and risk factors for Muslim young people
- Harness the values & strengths underpinning the Muslim clients you support
 - Deepen your understanding of the stigma that still exists in accessing mental health and drug and alcohol support services
 - Deepen your understanding of the psychological impact of Islamophobia, discrimination and marginalization
 - Harness Muslim families and communities for healing.
 - Reflect on what socially inclusive practice looks like for you & your organisation

WHERE AND WHEN



Islamic Museum of Australia
15A Anderson Road, Thornbury



13th & 14th of October



10.00am to 4.00pm



Full rate: \$660
Early Bird: \$590
Student Rate: \$250
Group 3+ (\$550pp): \$1650

Closing date for early bird
registrations: 15th September, 2017



Includes morning tea, lunch,
afternoon tea and Museum
& Gallery Entry.



Enquiries:
info@nasihahconsulting.com
(03) 9351 1166



Bookings:
www.trybooking/QUMC

About the facilitator



Harnessing diverse but complimentary skills, Monique Toohey over the past 22 years worked as a Psychologist, CALD Community advocate, project manager and more recently, Cultural Intelligence Advisor. For the last 12 years she has worked in her private practice Nasihah Consulting Group, situated in Broadmeadows, Melbourne.

She has delivered cultural competence training to over 350 organisations across Australia and abroad. She leads the cross-cultural counselling unit for the M. Clinical. Counselling course at the Australian Catholic University and is the author numerous published works, including the book *Without You: Rising above the impact of an abusive relationship*. Monique's diverse range of speaking engagements include speaking on Muslim Feminism at the 2016 Melbourne Writer's Festival, on radio with 3AW and ABC Radio and she recently presented at the international Childhood Trauma Symposium in Istanbul, Turkey as well as the Cross-cultural approaches to effective provision of mental health and domestic violence services (Australia & Malaysia). Monique will deliver the 2017 Tasmanian Peace Trust Annual Lecture.

Special Guest

Psychologist & Art Therapist Dakhylina Madkhul

WHO SHOULD ATTEND

This workshop is suitable for workers engaged with young people and their families in a range of settings including schools, psychology and mental health, social and youth workers, disability, community development and cultural workers, mental health policy officers, community mental health and outreach.