

## Understanding Racism From a Personal and Professional Perspective

Cathy Roberts, LCPC & Gilbert Bliss, LCSW-C

### Morning Presenters:

Cathy Roberts, LCPC, began her racial equity work researching the effect of slavery on the enslavers. Her interest quickly broadened into a quest to understand and dismantle individual and systemic racism. With colleague Gil Bliss, LCSW-C, Cathy gives talks and leads workshops designed to educate and heal. Cathy believes healing happens first in the hearts of individuals, who then take that healing energy into the community. Cathy has a Rockville MD practice working with individuals, couples, and groups who want to free themselves from whatever is oppressing them to live their fullest, most loving lives possible.

Gilbert Bliss, LCSW-C has a private practice in Towson, Maryland. His experience includes working in the Maryland prison system and hospice with a special interest in grief and bereavement. His renewed interest in racism, and particularly White Privilege, came about as a reaction to the police-involved killings of Black men in Ferguson, New York and Baltimore, where he used to live.

### Presentation:

What is the therapist's role and responsibility in recognizing and dissolving racism? What inner work is required to know, own, and confront personal bias? We don't know what we don't know. How does "not knowing" get in your way when working with clients different from you? In this didactic and experiential workshop we will examine the mechanism that maintains racism in the U.S. We will review our racialized history, explore personal and professional privilege and bias, and locate where we each are in identity development using racial identity models. Through this exploration, therapists can increase awareness of unconscious bias that contributes to systemic racial dominance and oppression.

## Increasing Cultural Competence with Muslim Clients

Salma Abugideiri, LPC

### Afternoon Presenter:

Salma Abugideiri, LPC is a licensed professional counselor in private practice in Mclean, VA. She has over 20 years experience serving Muslim and Middle Eastern clients from diverse cultures and backgrounds for a wide variety of mental health issues. Salma is a certified Imago therapist and is trained in EMDR. She is also a founding board member and trainer for Peaceful Families Project, a national non-profit organization dedicated to preventing domestic violence in Muslim communities. She has contributed to numerous publications addressing mental health issues and domestic violence issues among Muslims. Most recently, she co-authored *Before You Tie the Knot: A Guide for Couples*, and wrote the chapter on Domestic Violence in *Counseling Muslims: Handbook of Mental Health Issues and Interventions*. She has presented at national and international conferences and is passionate about prevention, education, and increasing access to mental health services.

### Presentation:

This interactive workshop will provide therapists with information and tools to provide more effective treatment to Muslim clients and their families. The presentation will provide an overview of important values in Muslim families, and will explore some of the diverse cultures that represent Muslim families in the US. Attention will be given to the intersection of culture and religion, and the ways in which these respective values may be used as a resource in the therapeutic process. The presentation will also consider the ways in which mental health issues are viewed and dealt with, and some best practices when working with Muslim families. The impact of current geo-political issues on Muslim individuals and communities will also be discussed as it relates to mental health and treatment. Ample time will be given for discussion and participant questions.

### Schedule

Registration: 8:15

Business Meeting: 9-9:15

Morning Presentation: 9:15-12:15

Luncheon: 12:15-1:30

Afternoon Presentation: 1:30-4:30

### Directions

Crowne Plaza Annapolis  
173 Jennifer Road Annapolis 21401

From the 495 Beltway:

Take US 50 East toward Annapolis

Take Exit 23 to merge onto MD-450 W/ West Street.

Turn right onto Jennifer Road. Look for the Hotel sign.

You will turn into a shopping area.

The Crowne Plaza is behind the Wells



www.LCPCM.org  
301-545-0554

## Conference Registration

Registration deadline is April 1, 2017.  
Networking Luncheon Included

### Conference Fees:

LCPCM Members: \$125  
Non-Members: \$165  
LGPC/Retired: \$85  
Student: \$65

*Walk-ins are registered on a first come first served basis as space allows after those registered in advance sign in. Late registrants and walk-ins will be charged an additional \$20 late service fee.*

Vegetarian Lunch Requested: \_\_\_\_\_ (pls. check)

### Membership Fees:

LCPC \$105  
LGPC \$85  
Student \$25

**Registration & membership payment by credit card is available at [www.lcpcm.org](http://www.lcpcm.org) or complete this form and mail with a check.**

Name \_\_\_\_\_

Home address \_\_\_\_\_  
\_\_\_\_\_

Work Address \_\_\_\_\_  
\_\_\_\_\_

Phone #'s \_\_\_\_\_ (H) \_\_\_\_\_ (W)

E-Mail \_\_\_\_\_

Credential: LCPC \_\_\_ LGPC \_\_\_ Other \_\_\_\_\_

If you are new to LCPCM and wish to be on our Find-a-Therapist website listing, please go to [www.lcpcm.org](http://www.lcpcm.org) and create a profile after joining.

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## 2017 Spring Conference

### **Cultural Competence & Racism:**

*Challenges for therapists in  
a culturally diverse society*

Friday  
April 7, 2017  
9AM - 4:30PM

NEW LOCATION  
Crowne Plaza Annapolis  
6 CEU's

approved for LCPC's, LCMFT's, LCADC's