



**Aurora Behavioral Health System
Lunch & Learn CEU Seminar Series**

June 22, 2021 12:00 p.m. – 1:30 p.m.
Aurora East 6350 S. Maple Ave. Tempe, AZ 85283

1.5 CEU Offered

Cultural Incompetency: Overcoming Challenges in Perspective Taking

Individuals who work with challenging populations may find themselves triggered or frustrated at times with seemingly dysfunctional behaviors and how to best approach treatment. This presentation will foster insight into the self, and challenge perceptions through considerations of: family culture, development, attachment, and trauma. Attendees will learn:

- How early life experiences impact self-concept.
- How to analyze seemingly dysfunctional behaviors from a trauma perspective.
- How to identify 3 prompts to increase effectiveness and objectivity while working with challenging populations.

Estefana Johnson, LMSW, Lighthouse Psychiatry

Estefana Johnson, LMSW, is a bilingual trauma clinician in Gilbert, Master Accelerated Resolution Therapist, and National ART Trainer. She has been in the mental health field for over 18 years. She has worked with a variety of populations from at-risk youth in residential settings to outpatient treatment for children, adults, families, medical social work, and has engaged in legislative advocacy and program development. Estefana also serves as Board member and Clinical Director for ASA Now, a non-profit organization dedicated to providing support, advocacy and assistance to children who have experienced foster care and their families. She provides consultation for providers, training for foster families and support staff, and has presented at multiple conferences nationwide.



Aurora Behavioral Health System Certificate of Attendance

This is to certify that:

Sara Cobb

attended the June 22, 2021 CEU seminar titled:

Cultural Incompetency: Overcoming Challenges in Perspective Taking

Presented by:

Estefana Johnson, LMSW

1.5 CEU Hour

OMFL: SH4018

OBHL: BSHH-2767

Jordan Peterson

Jordan Peterson, Director of Business Development

Aurora Behavioral Health System