

CULTURAL INCOMPETENCY

Overcoming Challenges in Perspective-Taking

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About **ESTER ANA JOHNSON, LMSW** Presenter

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Certified Master Accelerated Resolution Therapist

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EXPERIENCE:

–Residential Treatment for at-risk youth

–Outpatient Trauma Therapy

–Burn Center, Emergency Department

–Private Practice

–Non-Profit (ASA Now)

What is “Culture”?



What is “Culture”?

Culture: Shared patterns of behaviors and interactions, cognitive constructs and understanding learned by socialization. -Center for Advanced Research on Language Acquisition

PERCEPTIONS ABOUT MENTAL HEALTH



Competency

“The ability to do something successfully or efficiently”

PERCEPTIONS ABOUT MENTAL HEALTH



Who are YOU?



How the “Self” Forms

ERICKSON’S 8 STAGES OF DEVELOPMENT

Death EGO INTEGRITY vs DESPAIR Fulfillment, Accomplishment / Despair, Guilt

5-12yrs GENERATIVITY vs STAGNATION Purpose, Career, Children, Beneficial / Uselessness, rejection

13-18yrs INTIMACY vs ROLE CONFUSION Form intimate relationships / Isolation, loneliness

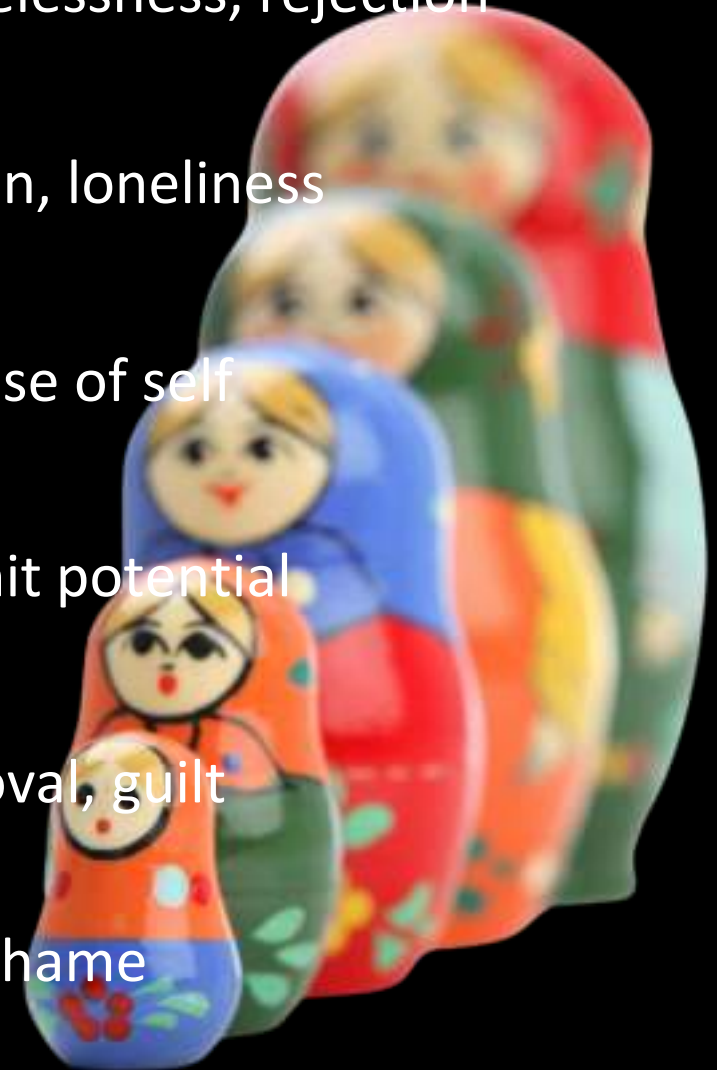
19-24yrs IDENTITY vs ROLE CONFUSION Personal identity and role / Weak sense of self

25-30yrs INDUSTRY vs INFERIORITY Develop Competence / Inferiority, doubt, limit potential

31-40yrs INITIATIVE vs GUILT Goals, plans without infringing on others / disapproval, guilt

41-50yrs AUTONOMY vs SHAME & DOUBT Confident / Doubtful of abilities/shame

51-60yrs TRUST vs MISTRUST Healthy attachment / Pervasive mistrust, dependent, unthinking, rigid



Experiences



Interpretations

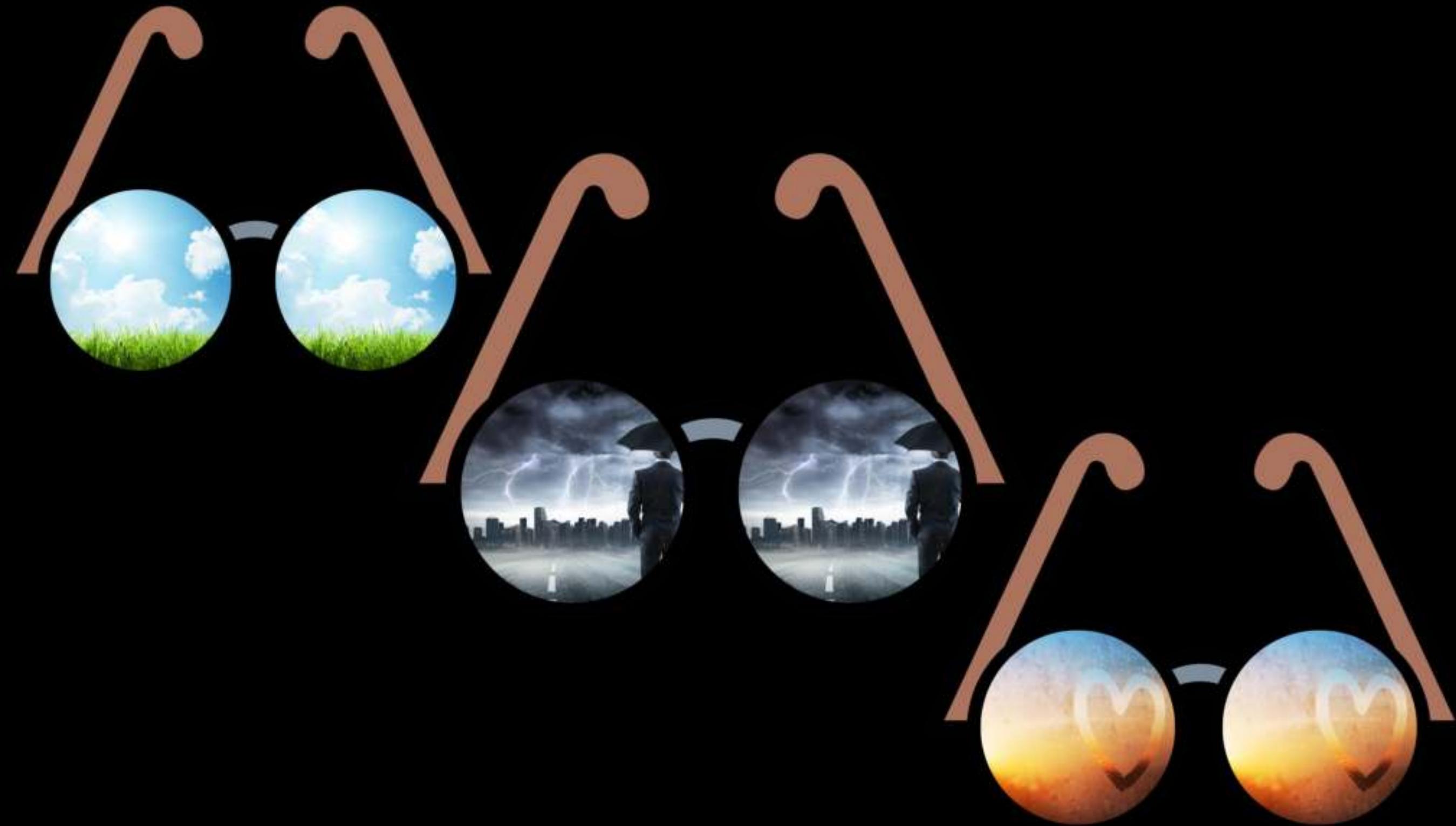


Trauma

Events that exceed our capacity to cope



Impacts on Perception



Defense Mechanisms

- **Fight/Flight/Freeze/Fawn**
- **Denial** - “there’s no problem”
- **Rationalization** - “reason for it”
- **Projection** - “others are the problem”



The Challenge of Change



Comfort Zone

Subconscious Programming

Shattering of "Reality"

Cost (relationships/connections)

A close-up photograph of several hands of different skin tones (light, medium, and dark brown) clasped together in a circular, supportive grip. The hands are positioned against a solid black background, which makes the skin tones stand out. The lighting is soft, highlighting the texture of the skin and the way the fingers interlock. The overall composition conveys a sense of solidarity, teamwork, and mutual support.

All Humans

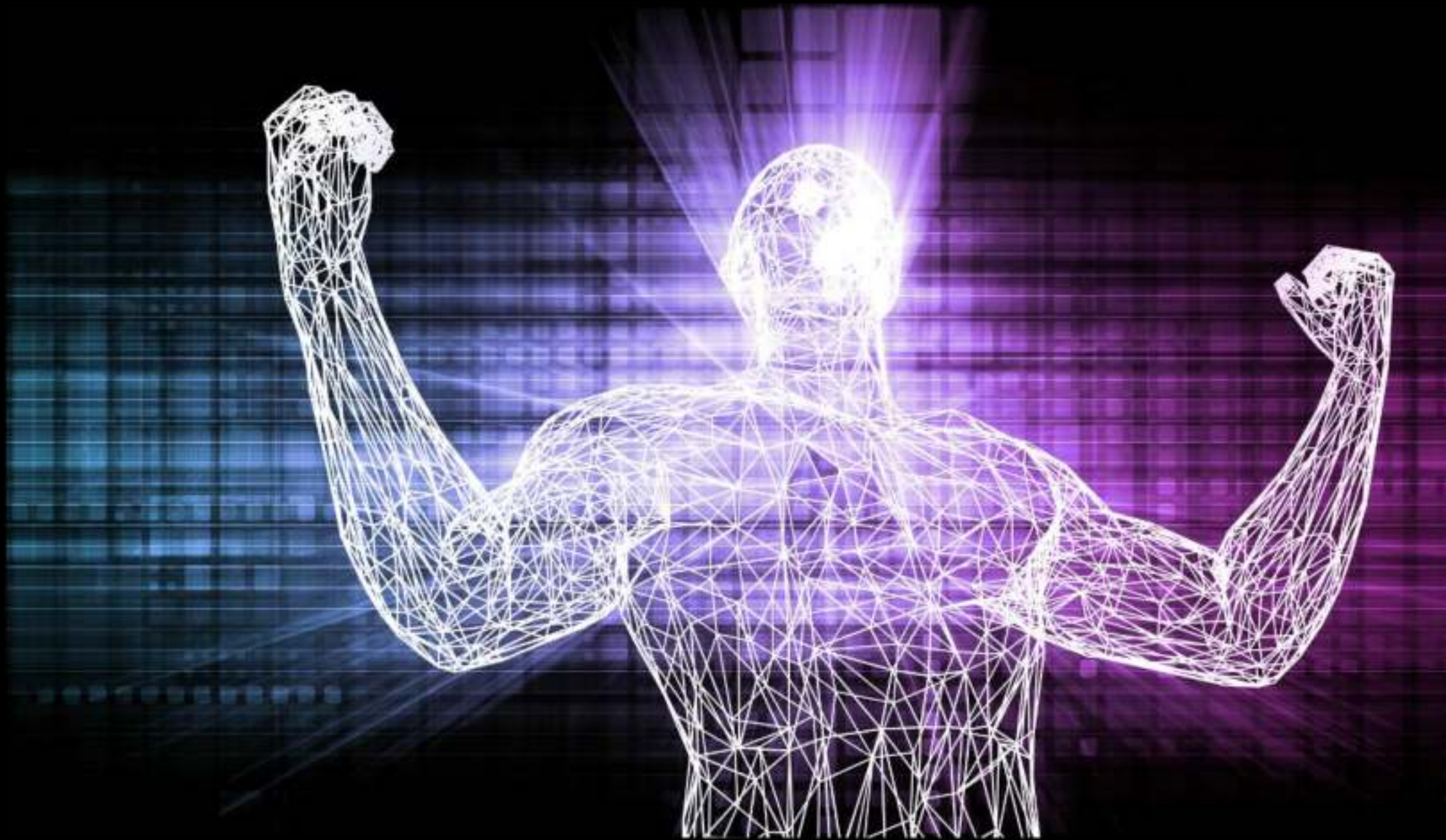
Safety (Survival)

Valued (Matter)

Accepted (Belonging)

Empowering Yourself

Power [pou-er] : The ability to cause an intended effect



KNOW YOURSELF

- Be aware of thoughts, emotions
- Learn to Regulate (*Check yourself before you wreck yourself*)
- Intentionally put aside your beliefs about the situation
- Be fully present, observe in the NOW
- Focus on 'what is' and not 'what if'



“One of the great
challenges in life
is knowing *enough*
to **THINK**
you’re *right*,
but not *enough*
to **KNOW**
you’re *wrong*.”

-Niel deGrasse Tyson, PhD



Red Flags

should

I know

**now its
personal**

Being Effective



Care & Compassion



Questions?

Lighthouse Psychiatry

LighthouseTMS.com

