

## CROSSING THE BORDERS IN CLINICAL PRACTICE WITH RECENT IMMIGRANTS AND REFUGEES

**Oksana Yakushko, PhD**

Immigration is among the most complex individual and social human experiences. This presentation will seek to expand understanding of clinical care with immigrants and refugees with a focus on treatment challenges uniquely faced by these communities, including limited English proficiency needs, experiences of racism and xenophobia, challenges with adaptation that are related to gender, sexuality or social class, complex trauma, and other factors. Working with issues related to irregular migration patterns, such as human trafficking or undocumented legal experiences, will also be addressed.

Objectives:

1. Identify the contemporary immigration-related policies, attitudes, and treatment approaches to working with recent immigrants and refugees.
2. Develop the awareness and skills when working with distinct aspects of mental health treatment with recent immigrants.
3. Define and develop strategies for addressing barriers in treatment of recent immigrants.

**Oksana Yakushko, PhD**, is a licensed psychologist and the Chair of the Clinical Psychology department at Pacifica Graduate Institute. She has published and presented on issues related to immigrant adaptation, xenophobia, human trafficking, and other immigration-related topics. She has worked as a legal consultant with cases related to xenophobia, and presented on this topic for the U.S. Memorial Holocaust Museum (Washington, DC). She recently released a book entitled "Modern-Day Xenophobia" (Palgrave, 2018). Dr. Yakushko is a Fellow of the American Psychological Association and is a psychoanalytic candidate with the National Training in Psychoanalysis (NYC).

Santa Barbara Cottage Hospital  
Psychiatry and Addiction Medicine  
Department invites you to attend  
its November 2019 presentation.

**Wednesday, November 13, 2019**

**Noon to 1:30 PM**

**Santa Barbara Cottage Hospital  
Amphitheatre**

**UPCOMING EVENTS:**

Wednesday, December 11, 2019

Tuesday, January 28, 2020

## CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

[cottagehealth.org/mentalhealth](http://cottagehealth.org/mentalhealth)

### Program Coordinators

Cynthia Manigault, RN, BSN

Carole Reynolds Ingraham,  
LMFT

### Education Consultant

Christine Block, MSN, RN, CNRN

Water and coffee will be offered.