

# Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, March 11, 2016

The American Experience: Promoting the Well-Being of Arab and Muslim patients.

**Presenter:** Mona AbuHamda, Psy.D.

**Date/Time:** Friday, March 11, 2016, 10:45 am - 4:00 pm

**Place:** Maggiano's Little Italy at Tyson's II Galleria  
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)

**Cost:** \$55.00 for NVACP Members / \$100.00 for non-NVACP Members / \$20.00 for Clinical Students

**Menu:** Family style luncheon to include vegetarian and non-vegetarian selections

**Program Schedule:**

10:45 am to	11:30 am	Registration, Meet & Greet
11:30 am to	1:00 pm	Lunch, Networking, Announcements
1:00 pm to	4:00 pm	CE Program with Dr. AbuHamda

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**Program Overview:** Dr. AbuHamda will give us background about the religious beliefs and cultural norms of Arab-American and immigrant Arab patient. She will discuss how cultural traditions and worldviews as well as religious beliefs can impact therapy, and discuss ways to foster the therapeutic relationship and work through psychological issues while respecting the client's religious beliefs and cultural norms. She will also discuss the impact of recent world events on this population, including trauma that may have occurred in the country of origin, as well as the impact that the stressors of immigration can have on Arab and Arab-American Muslim patients.

**Learning objectives:** Participants will learn to:

- \*Have an understanding of the Muslim & Arab populations and the diversity among this group and their worldview
- \*Deepen their understanding of perceptions of mental health & common cultural and religious beliefs that present obstacles to treatment
- \* Gain insight into perceptions of the West and the stereotypes that place psychological pressure on this population
- \*Understand the impact of trauma as a result of growing up in countries of origin ( exposure to wars, dictatorships etc..)
- \*Gain an appreciation of the impact of the immigration process on the psyche.

**Speaker:** Dr. AbuHamda received her undergraduate degree at the University of Cairo, Egypt, before completing a Certificate in Counseling and Psychotherapy Program at Regents' College in London, England. She completed her doctoral training at The George Washington University in Washington, D.C. , and her residency at Center for Multicultural Human Services in Falls Church, VA. She is a Clinical Faculty member of The George Washington University School of Professional Psychology, as well as Adjunct Professor at The Johns Hopkins University School of Professional Studies in Business and Education. She is also Director of Clinical Services at Washington Behavioral Health in Woodbridge, VA, as well as having a private practice in McLean, VA. She is on the board of National Arab -American Medical Association.

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*Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Psychological Association whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at half-cost (\$50.00 for members) CE events, quarterly newsletters, message board forum, and its own website ([www.nv-cp.org](http://www.nv-cp.org)). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Carryl Jefferies, Psy.D. at [dr\\_cjefferies@yahoo.com](mailto:dr_cjefferies@yahoo.com) or call (w)703-378-7998, or visit website at [www.novapsychologists.org](http://www.novapsychologists.org).*

# Northern Virginia Academy of Clinical Psychologists

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\*\*\*\*\*REGISTER ONLINE AT [WWW.NV-CP.ORG](http://WWW.NV-CP.ORG) or mail in Registration slip

*Northern Virginia Clinical Psychologists  
Laurentia M. Ruby, Psy.D.  
NVCP Continuing Education Program Chair  
10560 Main Street, Suite PH-13  
Fairfax, VA 22030*

**CEU Credits:** Three (3.0) Virginia Psychological Association (VPA) continuing education unit credits. The VPA accredits and maintains responsibility for this program. Note: Attendance for the entire presentation is required to receive credit.

**To Register:** To register and pay online go to [www.nv-cp.org](http://www.nv-cp.org). To register by mail, fill out the registration form below and mail it, along with your check payable to "NVCP", to Laurentia Ruby, 10560 Main Street, suite PH-13, Fairfax, VA, 22030. If paying by check, please **note the program date on the check**. If you have questions, email Laurentia at [laurentia.ruby@verizon.net](mailto:laurentia.ruby@verizon.net), or call 703-839-2523.

..... *tear off* .....

Registration form for Friday, March 11, 2016

The American Experience: Promoting the Well-Being of Arab and Muslim patients.

**(Registrations due by Monday, March 7, 2016)**

Print name \_\_\_\_\_ Degree \_\_\_\_\_

E-mail: \_\_\_\_\_ Work Phone \_\_\_\_\_