

Cultural Competence Suggested Training References:

Note: It is important to avoid stereotypes and assumptions regarding any cultural values based on the references listed below.

The Cultural Competency Training Evaluation Form must be completed in conjunction with this method of Cultural Competence training. Once the form is completed, it should be kept on file for viewing at the COTRs request.

Books:

- The African American Experience—A History
 - Becoming Madame Mao- Anchee Min
 - Black Boy - Richard Wright
 - Blink - Malcolm Gladwell
 - House of Saud - David Holden and Richard Jones
 - Invisible Man - Ralph Ellison
 - Native Son - Richard Wright
 - Race Matters - Cornel West
 - The Bipolar Disorder Survival Guide- David Miklowitz, PhD
 - The Bipolar Workbook-Monica Basco, PhD
 - The Everything Health Guide to Adult Bipolar Disorder-Jon Bloch. PhD.
 - The Feeling Good Handbook- David Burns
 - The Rose That Grew From Concrete -Tupac Shakur
 - The Spirit Catches You and You Fall Down-Anne Fadiman
 - Their Eyes are Watching God - Zora Neal Hurston
 - Third Live of Grange Copeland - Alice Walker
 - White Privilege - Paula S. Rothenberg
 - Understanding White Privilege: Creating pathways to Authentic Relationships Across Race - Frances E. Kendall
 - Working with Asian Americans: A Guide for Clinicians - Edited by Evelyn Lee
 - Working with Interpreters in Mental Health - Edited by Rachel Tribe and Hitesh Raval
 - Relationships among Asian American Women - Edited by Jean Lau Chin
 - Culturally Responsive Cognitive-Behavioral Therapy: Assessment, Practice, and Supervision - Edited by Pamela A. Hays and Gayle Y. Iwamasa
 - Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World - Richard Mollica, MD. Dr. Mollica has extensive experience working with trauma/torture survivors from Cambodia, Vietnam, Bosnia and others.
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Movies:

Crash (2005)	The Lives of Others (2007)
Eat Drink Man Woman (1994)	The Wedding Banquet (1993)
El Norte (1984)	Under the Same Moon (2007)
Life is Beautiful (1997)	Bend It Like Beckham (2002)
Raisin in the Sun (2007)	

Book & Movie:

The Joy Luck Club- Amy Tan (1993)
The Kite Runner -Khaled Hosseini (2007)
The Namesake- Jhumpa Lahiri (2006)

Video-based training programs:

- Whale Done! (VisionPoint —(800) 300-8880)
- Everybody Wins: How to Turn Conflict into Collaboration (VisionPoint —(800) 300-8880)
- Glad I Could Help (VisionPoint —(800) 300-8880)
- We Need to M.E.E.T.: Managing Respect in the Workplace (VisionPoint —(800) 300-8880)
- A.C.T. with Integrity (VisionPoint —(800) 300-8880)
- Journey from the Fall "Vuot Song" - Published by ImaginAsian Home Entertainment. Film about Vietnamese refugee experience.
- Voices: Cultural Perspectives on Mental Health - developed by A Vision International Productions with funding from California State Department of Mental Health. This educational video highlights African American, Latino, Native American and Hmong community regarding their experiences with mental illness and recovery.

This is a living document, and is subject to updates and additions.

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- Shame & Silence - published by New York Coalition for Asian American Mental Health.. This video highlights five vignettes, each focusing on different ethnic groups: Chinese, Filipino, Asian Indian, Vietnamese and Korean. Each will present with symptoms of a mental disorder that is common to his or her culture of origin and the subtle signs of stigma.
- Breaking the Silence - Published by Boat People S.O.S. This is an education video about domestic violence in the Vietnamese community.
- Out of the Shadow - Published by Asian Pacific Psychological Services. This is a video about PTSD on the Vietnamese community.
- Healing the Spirit: Treatment of Depression among the Asian Elderly - Published by Asian Pacific Fund. This video profiles Chinese, Filipino and Japanese American older adults with depression.

Books and Journals:

Characteristics of African American Families

Oscar Barbarian, PhD, University of North Carolina, School of Social Work, 2002

Interview with Diabetes Educator, Barbara J. Odom, RN

UCSD—Research Center, San Diego VA Health Center

ChickenBones: A Journal for Literary & Artistic African American Themes

Diverse Issues in Higher Education, 2008, www.diverseeducation.com.

State of Black American, National Urban League Report, 2008.

Psychiatric function and roles in an Indian health program context

Smith, M.A. (Fall, 1990) American Indian and Alaska Native Mental Health Research, 4 (1), pp 41-52.

For additional trainings or for an updated list of upcoming/recorded webinars on cultural competence, please visit the Behavioral Health Education & Training Academy at <http://theacademy.sdsu.edu/programs/BHETA/>.