A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Cultural Adaptation in Treating Vietnamese Clients



Presentation Overview

Vietnamese Americans represent one of the largest and fastest-growing ethnic communities in Orange County. Despite this, many health care providers report limited formal training in culturally responsive approaches specific to Vietnamese cultural norms, communication styles, family dynamics and historical trauma experiences. These gaps may contribute to reduced engagement, miscommunication, underutilization of services and disparities in behavioral health and medical outcomes. This course addresses this identified educational need by equipping health care professionals with culturally adaptive, community-defined evidence-based practices and evidence-informed strategies to improve engagement, communication and care planning with Vietnamese American clients. The training aligns with professional standards emphasizing cultural humility, ethical practice, patient-centered care and health equity.

At the end of the program, attendees should be able to:

- Identify at least three culturally and linguistically responsive clinical interaction approaches when working with Vietnamese clients.
- Demonstrate at least three cultural humility-based communication strategies that support trust, engagement and disclosure.
- Describe at least three cultural dynamics (e.g., stigma, migration history, family roles) that impact Vietnamese American health and behavioral health care.
- Apply culturally adapted strategies to address stigma, somatic presentations and help-seeking hesitancy in Vietnamese clients.
- Manage ethical considerations related to family involvement, confidentiality and client autonomy while maintaining culturally responsive care.

1.5 CME and CE Credits Offered

CalOptima Health

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EVENT INFORMATION

When:
Wednesday,
May 6, 2026

Time:
Noon–1:30 p.m.

Where:
Behavioral Health Training Center
750 The City Drive South, Suite 130
Orange, CA 92868

For questions, please email continuingeducation@caloptima.org.

Please RSVP through the link or QR code below:

https://bit.ly/3OXalyO

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special continuingeducation@caloptima.org at least two weeks before the meeting date.

Guest Speaker:

Tony Nguyen, LMFT, Moving Forward Psychological Institute Inc.



Tony Nguyen is a licensed marriage and family therapist LMFT, Moving Forward Psychological Institute Inc. with over 13 years of experience providing clinical services in nonprofit, private practice, government and community-based organization settings. Nguyen specializes in relationship and family dynamics, working with youths, young adults and older adults.

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and CalOptima Health. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350. To file a grievance, please email: continuingeduacation@caloptima.org.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0

AGENDA:

Noon: Welcome/ Introduction — Carmen Katsarov, LPCC, CCM, Executive Director, Behavioral Health Integration, CalOptima Health

12:05 p.m.: Guest Speaker — Tony Nguyen, LMFT, Moving Forward Psychological Institute Inc.

1:15-1:30 p.m.: Closing — Carmen Katsarov, LPCC, CCM, Executive Director, Behavioral Health Integration, CalOptima Health

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