

# NWI Multicultural Competency in Wellness Certificate Course Content



## Course Content

### COURSE DESCRIPTION

Wellness professionals who are multiculturally competent are better able to communicate, engage, and connect with individuals whose worldviews are different from their own. This leads to increased effectiveness of wellness interventions and programs, resulting in more impactful outcomes.

Participants in the National Wellness Institute's Multicultural Competency in Wellness Certificate course learn effective and meaningful ways to assist and engage individuals from walks of life different from their own in maintaining and enhancing wellness.

This Certificate course aims to equip wellness professionals with the knowledge, skills, and awareness to create a framework for assessing their own and others' worldviews and the values and practices of multicultural populations from an unbiased, non-judgmental viewpoint. A multiculturally competent wellness practitioner recognizes the various social and cultural identities that may shape and influence individuals' different but valued worldviews, opportunities, and challenges in their efforts to maintain and enhance wellness. These multicultural identities may include, but are not limited to:

- race
- ethnicity
- class
- gender
- age
- country of origin
- culture
- political or religious affiliations
- language
- sexual orientation
- physical and cognitive abilities

Certificate course participants are provided with evidence-informed training and tools to examine their own assumptions, biases, and values, preparing them to develop realistic strategies that recognize the dynamics of oppression and privilege on individuals' lived experiences and on their wellness efforts.

The Multicultural Competency in Wellness Certificate course guides practitioners in understanding what it means to be multiculturally competent and its impact in the field of wellness. Additionally, through the incorporation of the NWI [Multicultural Wellness Wheel](#), course participants are provided with fundamental knowledge and realistic strategies and tools for multicultural competency assessment and implementation for themselves, their families, their communities, and their workplaces

The information and resources provided in this Certificate course align with NWI's [Six Dimensions of Wellness](#) model, Multicultural Wellness Wheel, and Wellness Promotion Competency Model. Upon successful completion of all course elements, participants earn a Multicultural Competency in Wellness Certificate

### REGISTRATION RATES

**\$449 for NWI Members | \$549 for non-members**

Note: **There is no fee to participate in the "Introduction to Multicultural Competency in Wellness"** course, which is included in the "Multicultural Competency in Wellness Certificate" course (but may also be taken a la carte).

### Certificate Course Elements

The Certificate course includes the following required elements, which must be completed sequentially. See approximate completion time in parentheses. Live webinars begin at 12 p.m. CT on dates listed below; recordings may be viewed approximately 1 week following the live webinar.

#### **"INTRODUCTION TO MULTICULTURAL COMPETENCY IN WELLNESS" COURSE | 1.5 CECS TOTAL\***

The purpose of this introductory course is to help participants comprehend the value of multicultural competency in the delivery of wellness services and to introduce participants to the National Wellness Institute's Multicultural Wellness Wheel. The course is designed to inform wellness professionals' understanding of how multicultural competency in wellness: 1) impacts the public health by reducing chronic diseases, 2) makes care accessible for all cultural and social groups, 3) has a positive impact on healthcare cost, and 4) supports compliance with a number of federal laws designed to protect certain classes of individuals.

- **Video:** The Multicultural Wellness Wheel: A Roadmap to an Inclusive Health & Wellness Approach (20 minutes)
- **Webinar** (Live May 21, or on-demand): The Case for Multicultural Competency in Wellness (75 minutes)
- **Quiz and Course Evaluation**

## “MULTICULTURAL COMPETENCY IN WELLNESS CERTIFICATE” COURSE | 4.5 CECS TOTAL\*

### • “Introduction to Multicultural Competency in Wellness” Course (see details above)

#### • Core Webinars

Live webinars begin at 12 p.m. CT; recordings may be viewed approximately 1 week following the live webinar; a required online quiz follows each webinar.

- **June 25, 2019:** Fundamentals of Multicultural Competency in Wellness (90 minutes)
- **July 23, 2019:** Multiculturally Competent Wellness Strategies (90 minutes)
- **August 27, 2019:** Assessing and Evaluating Multicultural Competency in Wellness (90 minutes)

#### • Final Certificate Course Requirements

- Online Certificate Course Exam
- Capstone Project (Practical Application or Reflective Activity) & Presentation
- Course Evaluation

## CERTIFICATE COURSE LEARNING OUTCOME & REQUIREMENTS

At the conclusion of the course, participants must complete an online exam. An exam score greater than or equal to 80% and completion of a capstone project is required to earn a Multicultural Competency in Wellness Certificate. Participants successful completion of the course demonstrates their level of knowledge, skills, and awareness required to develop appropriate interventions and strategies to effectively address, engage, support and guide multicultural populations in maintaining and enhancing their wellness.

## CONTINUING EDUCATION CREDIT

\* Participants will receive 1.5 continuing education credits (CECs) for successful completion of the “Introduction to Multicultural Competency in Wellness” course (taken either a la carte or as part of the Certificate course) and 4.5 additional credits for successful completion of the full “Multicultural Competency in Wellness Certificate” course. Proof of continuing education credit (CEC) earned will be e-mailed to participants who select their desired CEC type(s) on the post-course evaluation forms.

See [NationalWellness.org/MCCtrainings](http://NationalWellness.org/MCCtrainings) for more information on continuing education credit.

## CERTIFICATE COURSE LEARNING OBJECTIVES

Following the Certificate course, participants will be able to:

1. List two ways multicultural competency can bring value to delivery of wellness services to individuals, in communities and in social services organizations, or in the workplace.\*\*
2. List the three pillars of the NWI Multicultural Wellness Wheel.\*\*
3. Identify how multicultural competency in wellness creates access to groups that may not otherwise be reached.\*\*
4. List at least three personal cultural biases and values that could influence their worldview of others.
5. List at least three examples of differences between dominant and multicultural assumptions.
6. Define at least three terms critical to the application of multicultural competency to wellness programs and services in various settings.
7. Identify at least three policies or legislation, current or past, established by United States that demonstrate a devaluing of other cultures and a lack of multiculturalism.
8. Identify at least two multiculturally competent strategies for enhancing wellness in various settings.
9. Identify at least three current trends or cultural shifts that are affecting the way we think about wellness strategies at all levels.
10. Identify two assessment strategies to evaluate multicultural competency of wellness programming for individuals, communities, or organizations.
11. Differentiate policies and procedures that promote adherence to multiculturally competent wellness practices from those that do not.

\*\*Objectives are covered in “Introduction to Multicultural Competency in Wellness” course.