



BOOKMARK
CONNECTIONS

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Dr. Cheryl Forster

Licensed Psychologist & Intercultural Trainer

Meaningful Learning That Brings Us Together

Bookmark Connections focuses on providing high quality intercultural continuing education (CE) workshops for mental health professionals and organizations. The intercultural approach *fills a gap* in our diversity training, and is an essential complement to multicultural counseling and social justice work with clients.

Back by popular demand in the fall! Seating will be limited.
A comprehensive and in-depth foundation for intercultural effectiveness

An Intercultural Approach to Diversity Work: Effective Cultural Frameworks and Polyvagal Informed Skills

Registration will open in the summer – get on the email list to learn more about this workshop and future CE workshops!

<https://bookmarkconnections.com/contact#newsletter>

About Cheryl



As a psychologist and an Asian-American woman, Dr. Cheryl Forster brings a strong and unique set of skills to her work as an intercultural trainer. Her subject matter expertise, love of learning, and warmth come across in her workshops. Cheryl is a former ACCTA Diversity Scholar, and the current Coordinator of Diversity and Psychology Programs at Portland State University's (PSU) Center for Student Health and Counseling. In 2012, she established her professional intercultural training business called *Bookmark Connections*. Cheryl has completed almost 700 hours of postgraduate studies in intercultural communication with many of the leaders in the field, obtained her Intercultural Practitioner Certificate from the highly respected Intercultural Communication Institute, and is a contributing author in *The SAGE Encyclopedia of Intercultural Competence* (2015). She has also completed specialized training in cultural intelligence (CQ), trauma, EMDR, interpersonal neurobiology, Polyvagal Theory, and asylum immigration assessments. Learn more about Dr. Forster's work at [Bookmark Connections](#).

