

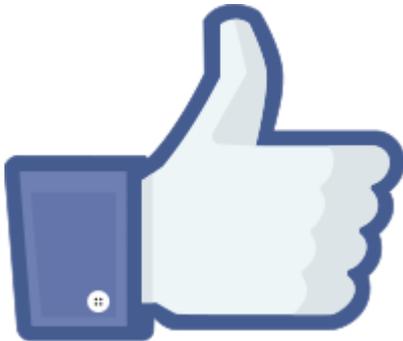
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Cross Cultural Therapeutic Interactions
Friday, October 18, 2019

What is the Pro Bono Counseling Project?



<https://www.youtube.com/watch?v=zWnvqayO65c>



Learning Objectives

- Understand the importance of cultural competency in mental health treatment.
- Identify one's own culture, and how cultural identities influence mental health interactions.
- Describe ways to encourage conversation about cultural differences.
- Identify community resources that are culturally responsive.



What is culture?

Turn to a partner and discuss:

- What is culture?
- How do you define culture?
- What challenges are there in defining culture?



Definitions of culture

- Information acquired from other people (e.g. technology, art, music, shared knowledge)
- A group of people with a shared context (geography, history, language)

Race

- **Biological**
 - Phenotypic characteristics (e.g., skin color, eye shape, hair texture)
- **Sociocultural**
 - Identity based on shared socio-economic, educational, and political experiences



Ethnicity

- Combination of race and culture
 - Sense of “peoplehood” or shared identity among a group
 - Based on shared culture, social experiences
 - Several ways of self-identification
 - Context influences how one may identify



Nationality

- Conceptualized as the relationship between a person and their nation of origin
- Nationality \neq Citizenship
 - Citizenship includes various political rights and duties



Activity: Social Identity Wheel

- Complete the handout
- Spend 5 minutes completing the handout
- Then, find a partner, and spend 5 minutes sharing with your partner

What does this mean for therapy?





Cultural Formulation Interview

- Clarifies aspects of clinical problem from the point of view of the client and members of their social network
- Emphasis on meaning, sources of help, expectations for services
- Available at:
https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_Cultural-Formulation-Interview.pdf



Cultural Definition of Problem

- “Sometimes people have different ways of describing their problem to their family, friends or others in their community. How would you describe your problem to them?”



Cultural Perceptions of Cause

- “Why do you think this is happening to you? What do you think are the causes of [problem]?”
 - If needed, “Some people may explain their problem as the result of bad things that happen in their life, problems with others, a physical illness, a spiritual reason, or many other causes.”



Background and Identity

- “For you, what are the most important aspects of your background or identity?”
- “Are there any aspects of your background or identity that make a difference to [problem]?”



Clinician-Patient Relationship

- “Sometimes doctors and patients misunderstand each other because they come from different backgrounds or have different expectations. Have you been concerned about this? Is there anything that we can do to provide you with the care you need?”



Identifying providers that are culturally responsive

- What do their resources, websites, social media look like?
- Do they have diverse staff? Diverse board? Information available about diversity, equity, and inclusion?
- Ask questions! Have you worked with members of (community) before? Listen to the answers.
- Do they have translated materials available? Access to interpretation?
- [Psychology Today](#)
- Others?



Culturally Responsive Providers

Some examples in Maryland include:

- Intercultural Counseling Connection
- Black Mental Health Alliance
- Kindred Community Healing
- Adelante Familia
- ASHA for Women
- Catholic Charities
- Tahirih Justice Center
- TurnAround
- Baltimore Medical System
- Chase Brexton

Further Reading/References

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- Refer a colleague to volunteer
- Gifts can be made online at:
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- Sign up for our newsletter: email
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- Like us on Facebook
- Select Pro Bono Counseling as your Amazon Smile beneficiary



CONTACT US

Amy Greensfelder, LMSW

Executive Director

amy@probonocounseling.org

410-816-5055

Vanessa Howard, MA

Clinical Associate

vanessa@probonocounseling.org

410-816-4616

To connect to counseling: 410-825-1001