

# Culturally Adapted CBT For Canadians of South Asian Origin

## Introduction



# INTRODUCTION

## **Note**

This training is only suitable for mental health professionals with knowledge, training and experience in Cognitive Behavioural Therapy (CBT)

## **Important!**

This training builds on information covered in the *Culturally Adapted CBT for Canadians of South Asian Origin - Therapy Manual for Anxiety and Depression*. The manual should be read in its entirety before you proceed with viewing the following videos.

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## LEARNING OBJECTIVE

Recognize why cultural adaptation of CBT is needed when working with South Asian clients

## Who is “South Asian?”

- Any individual with ancestral ties or origins in India, Pakistan, Bangladesh, Sri Lanka, Bhutan, Afghanistan, Maldives and Nepal
- Includes mixed-race individuals and those of Indo-Caribbean origin



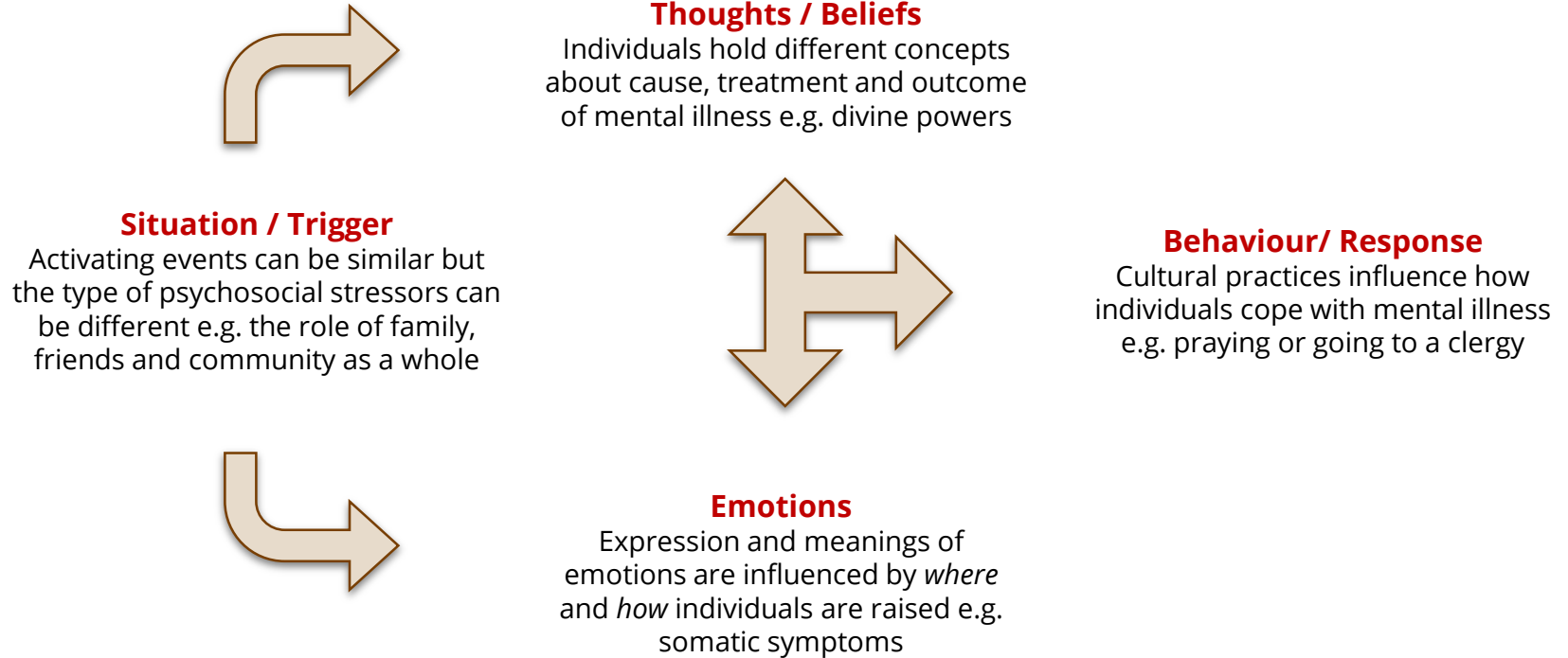
# Why Does CBT Need **Cultural Adaptation**?

## Five Ways Culture Affects Clinical Reality

1. Culture-based subjective experience
2. Culture-based idioms of distress
3. Culture-based diagnoses
4. Culture-based treatments
5. Culture-based outcomes



## Incorporating Cultural Values in Standard Cognitive Behavioural Model



## Research Suggests That...

### A Culturally-Informed Approach:

Increases understanding and minimizes stereotyping

Encourages greater open-mindedness

Improves engagement in therapy

Minimizes dropouts

Improves overall treatment outcomes

Offers new perspectives about mental health experiences

Improves access to psychological treatments

*Therapy is  
**not** 'one size  
fits all'*



What is **Culturally Adapted CBT**?

## Culturally Adapted CBT

“The process of making adjustments in therapy to improve engagement when working with a person with whom therapists do not share a cultural background.”

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## Southampton Adaptation Framework

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CBT



Research to culturally adapt CBT



Development of Southampton Adaptation Framework

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## Southampton Adaptation Framework : Triple-A Principle

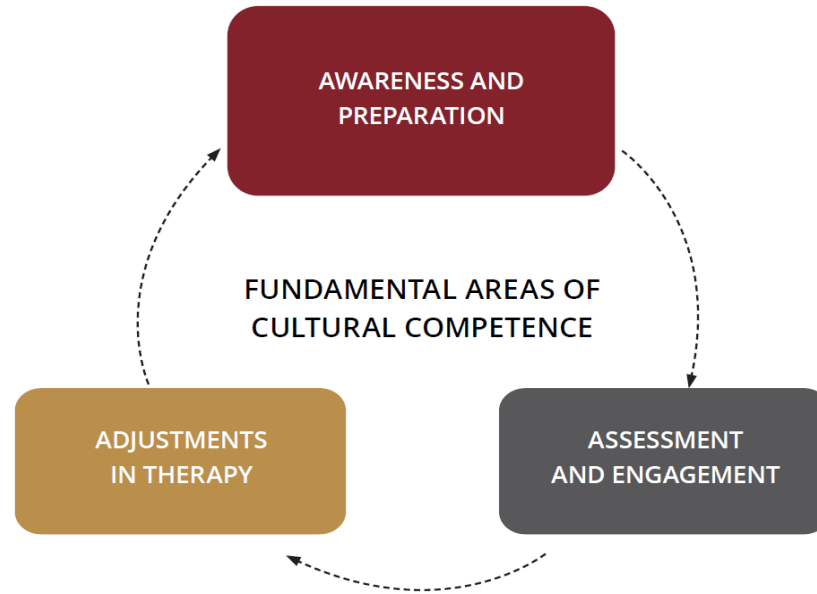


Figure 1: Fundamental Areas of Cultural Competence

# LEARNING ACTIVITY

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CASE STUDY – Rahim's Story

## Case Study – Rahim’s Story

Rahim is a 35 year-old married man from Afghanistan. He was working as a prosecutor until he was forced to leave the country after the government fell apart. He has been residing in a hotel with his wife and two children for several months. Currently, he is complaining about difficulty with his sleep, increased feelings of restlessness, fatigue, irritability, headache and stiffness. He appears frustrated, and mentions that he doesn’t enjoy anything and has difficulty concentrating.





## LEARNING ACTIVITY

Reflect on Rahim's case and determine how he would benefit from culturally adapted CBT.

Use the information from the manual and the details presented in previous slides of this module to formulate considerations for his case.

## Rahim would benefit from CaCBT because the intervention takes into consideration the following:

### Definition of Family

In many South Asian families like Rahim's, the definition of family goes beyond spouse and children, to older parents and adult siblings. Often times, refugees and immigrants carry a responsibility to support their families and relatives left behind.

### Bio-Psycho-Social-Spiritual Stressors

In Rahim's case, the experience of forced migration, housing uncertainty, social isolation, and complicated resettlement processes are important triggers that one will need to consider when working with him. Other biological and/or spiritual factors should be also be included for consideration.

### Barriers to Accessing Help

Language, loss of income, culture shock, and stigma play an important role in how one suffers and accesses help.



**Rahim would benefit from CaCBT because the intervention takes into consideration the following (cont'd):**

### **Cognitive Appraisals of Illness**

It is important to understand Rahim's views about the causes of his suffering i.e. early life experiences, family dynamics, loss of social status and career prospects, and intergenerational trauma.

### **Treatment and Outcome**

For many clients from South Asia, it may be their first exposure to therapy. Therefore, sensitivity to culture, taking an empathetic and supportive stance, and instilling hope will strengthen engagement and improve treatment outcomes.

# Culturally Adapted CBT For Canadians of South Asian Origin

## Overview of Training Modules:

This training consists of role-plays, content slides and learning activities that will accompany the information presented in the CaCBT for South Asians manual.

### **Chapter 1: Awareness and Preparation**

Module 1 – Self Reflection

### **Chapter 2: Assessment and Engagement**

Module 1: Initiating Engagement

Module 2 : Family and Caregiver Involvement

### **Chapter 3: Adjustments in Therapy**

Module 1: Specific CaCBT Techniques

### **Conclusion**

Review of Training Modules

Study Results