

Cultural Conceptualization and Intervention in Psychotherapy

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Training in Unified Psychotherapy

TUP Level Two / Part Three

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- ▶ TUP 1-1. **Unified Framework**
- ▶ TUP 1-2. **Cognitive Focus**
- ▶ TUP 1-3. **Experiential & Emotional Focus**
- ▶ TUP 1-4. **Behavioral Focus**
- ▶ TUP 1-5. **Developmental Focus**
- ▶ TUP 1-6. **Unified Treatment Planning**

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- ▶ TUP 2-1. Interpersonal Focus
- ▶ TUP 2-2. Systemic Focus
- ▶ **TUP 2-3. Cultural Focus**
- ▶ TUP 2-4. Psychodynamic Focus
- ▶ TUP 2-5. Biological Focus
- ▶ TUP 2-6. Case Formulation & Advanced Treatment Planning



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Training in Unified Psychotherapy (TUP)

TUP is based on...

- ▶ A Holistic Model of Psychological Functioning
- ▶ A Unified Framework for Individual Psychotherapy

(Harris, Dreier, Mandala, & MacPhee, 2023)



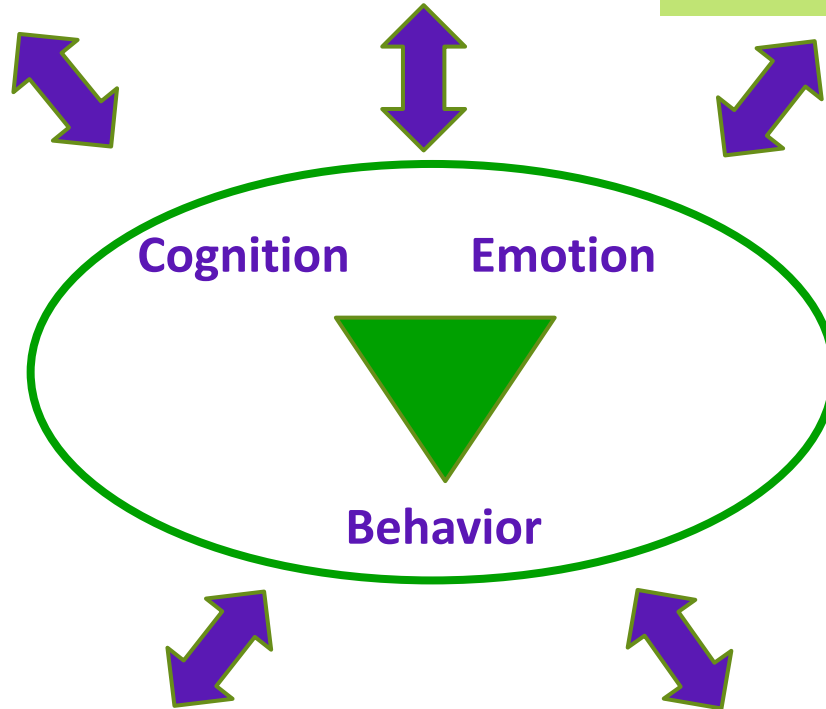
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Development across Life Experiences

Interpersonal
Patterns

Families & Other
Microsystems

**Sociocultural
Macrosystems**



Intrapsychic Processes,
Conflicts, & Defenses

Biology, Physical Health, &
Somatic Sensations

A Unified Framework for Individual Psychotherapy

	Practice Domains	Focal Dimensions
A. Immediate Psychological Experience	1. Cognitive	Thoughts & the Cognitive System
	2. Experiential	Emotions & the Experiential-Affective System
	3. Behavioral	Actions & the Behavioral System
B. External Contexts	4. Developmental	Development across Life Experiences
	5. Interpersonal	Interpersonal Patterns
	6. Systemic	Families and Other Microsystems
	7. Cultural	Sociocultural Macrosystems
C. Internal Influences	8. Psychodynamic	Unconscious Processes, Conflicts, & Defenses
	9. Biological	Biology, Physical Health, & Maturation



A. Introduction to Cultural Psychotherapy



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Cultural Themes in Psychotherapy

- Sociocultural Contexts
- Macrosystems
- Oppression & Privilege: Racism, Sexism, Heterosexism, etc.
- Acculturation
- Cultural Identity & Identity Development
- Social Roles
- Social Problems (poverty, crime, war)
- Religion



Assumptions

- ❖ All people are cultural beings, including clients and therapists. Our social locations tell who we are.
- ❖ Through explicit and implicit ways, we internalize external messages, constituting our unique worldview.
- ❖ Personal is political. It's hard for us to be isolated from the society. People are affected by external systems.
- ❖ Resources are limited, creating a power differential that leads to privilege and oppression.

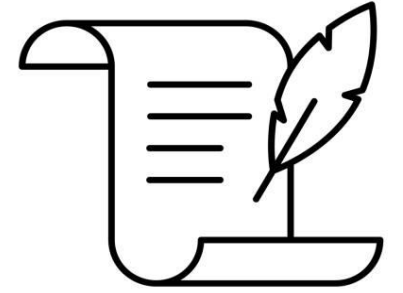


Impact of Cultural Contexts on Current Functioning

- Where do **maladaptive** cognitions, emotions, and behaviors come from?
- Some maladaptive patterns are related to contradictory messages from different **cultural contexts** or experiences of oppression that do not value all people equally.
- An integrative psychotherapist can explore the impact of the **cultural context** on **current functioning**, encouraging more adaptive thoughts, feelings, and actions.



Historical Context: Feminist & Multicultural Influences

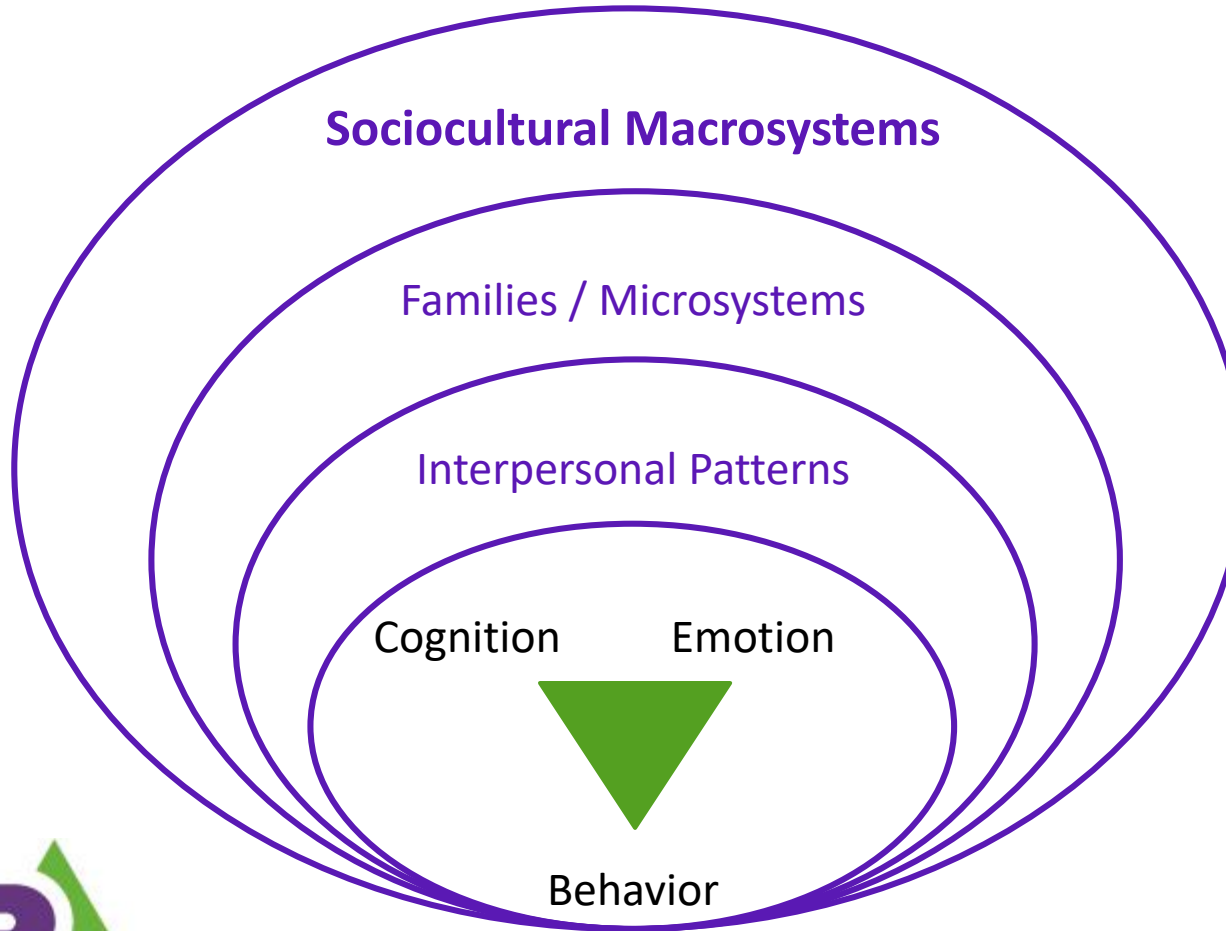


- In the 1970's, **Feminist Therapy** pointed out that most psychotherapists were male and most clients were female and questioned whether male therapists might have a vested interest in supporting a patriarchy culture. (Chesler, 1972)
- Similarly, research showed that non-white clients may not benefit from counseling and that psychotherapy may be based on white, euro-centric values. (Atkinson et al, 1979)
- In 1990, **Multicultural Counseling** embraced a broad view of culture that looked at the intersection of a variety of cultural identities. (Pederson, 1990)



External Influences are Embedded within One Another

These overlapping social contexts all influence the way humans think, feel, and act.



External Influences are Embedded within One Another

- Cultural contexts shape family systems and interpersonal relationships.
- Conversely, families are the most fundamental source of enculturation.
- The cultural macrosystem is a broad external influence that shapes cognition, emotion, and behavior.



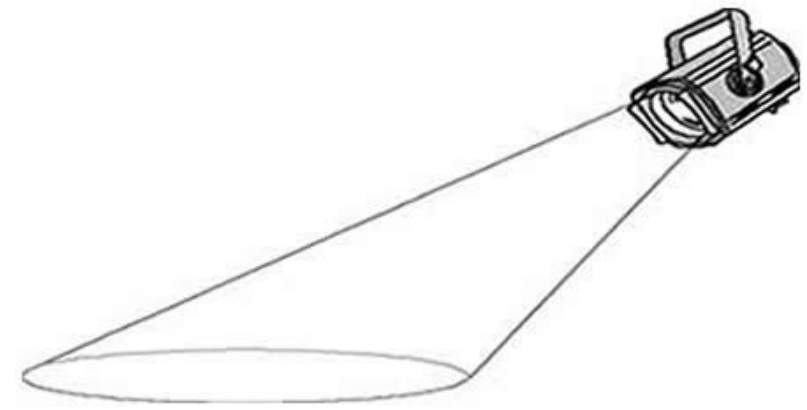
Focusing on Culture

- ❖ Confusion about cultural identity
- ❖ Experiences of discrimination
- ❖ Internalized oppression
- ❖ Hindered by stereotypes
- ❖ Relationships distorted by cultural factors
- ❖ Difficulty with acculturation or cultural adjustment
- ❖ Moving between two subcultures
- ❖ Cultural differences between client & psychotherapist

Brooks-Harris (2008) p. 96



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Reflecting on Personal Experience

Are there messages you received from your culture that led to psychological distress or dysfunction?

Please feel free to share your reflections in the chat section of the webinar dashboard.



B. Cultural Conceptualization



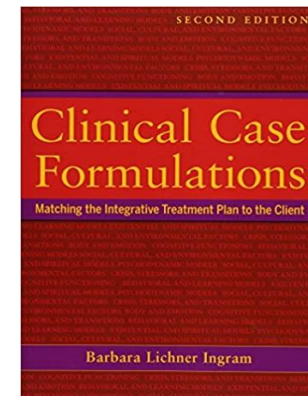
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Cultural Case Formulation

Barbara Ingram (2012) described two clinical hypotheses hypotheses related to cultural contexts:

1. Cultural Issues should be directly addressed for problems related to:

- Cultural Group Membership (e.g., ethnic group, sexual orientation, or minority status)
- Acculturation
- Cultural Identity
- Intercultural Conflicts



Ingram (2012) Ch. 14 (p. 341)

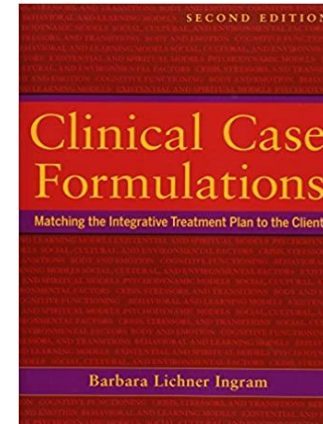


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Cultural Case Formulation (continued)

2. A *Social Problem* is a cause of problematic behaviors or psychological distress:

- Discrimination
- Economic Injustice
- Social Oppression
- Political Oppression



Ingram (2012) Ch. 14 (p. 358)

A Framework for Cultural Conceptualization

Five Key Theories:

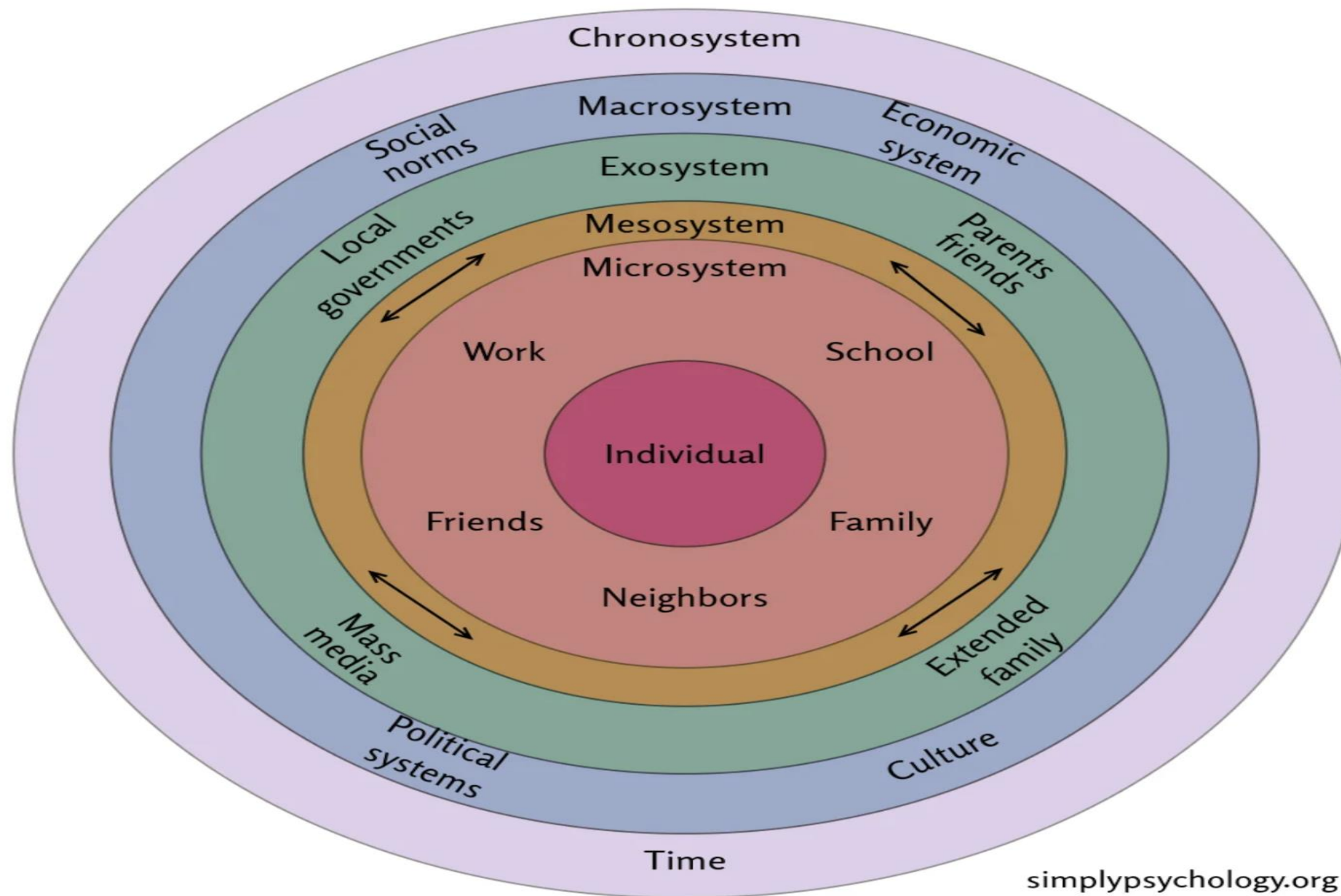
- ❖ **Ecological System** – Bronfenbrenner (1979)
- ❖ **ADDRESSING Model: Multiple Cultural Identities** - Hays, P. A. (2001)
- ❖ **Racial/Cultural Identity Development** - Atkinson, Morten, & Sue (1998); Sue & Sue (2016)
- ❖ **Social Location, Privileges and Oppression** – Worell, J., & Remer, P. (2003)
- ❖ **Acculturation Theory** – Berry, J. W.(1997)



Bronfenbrenner (1979) Ecological System

- **Ecological Systems Theory** views human development as influenced by the interaction between an individual and their surrounding environmental systems
- Include Five Systems
 1. **Microsystem:** Family, peers, school, neighborhood
 2. **Mesosystem:** Interactions between microsystems (e.g. home-school)
 3. **Exosystem:** Settings indirectly influencing the child (e.g. parent's workplace)
 4. **Macrosystem:** Overarching cultural values, norms, laws
 5. **Chronosystem:** Life transitions and sociohistorical circumstances





Bronfenbrenner's (1979) Ecological System

Take Away Messages

- ▶ Provides holistic framework for multi-layered environmental influences
- ▶ Informs understanding of individual development in sociocultural context
- ▶ Implications for educational practices, family support services, social policies
- ▶ Highlights importance of considering multiple systemic levels



Sources of Cultural Identity

(Pamela Hays, 2001)

- A. Age and Generational Influences
- D. Developmental Disability
- D. Disability Acquired Later in Life
- R. Religion and Spiritual Orientation
- E. Ethnicity / Race Identity
- S. Socioeconomic Status
- S. Sexual Orientation
- I. Indigenous Heritage
- N. National Origin
- G. Gender



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Sources of Cultural Identity (Hays, 2001)

Applications

- ▶ This provides a holistic understanding of each individual.
- ▶ When addressing the impact of culture on current functioning, it is important to consider the impact of any of these sources.
- ▶ Some clients distress may be related to race, ethnicity, nationality, or indigenous background.
- ▶ In contrast, other clients may be more impacted by gender or sexual orientation.





Reflecting on Professional Experience

Which aspects of cultural identity have your clients discussed most frequently in psychotherapy?

Please feel free to share your reflections in the chat section of the webinar dashboard.



Racial/Cultural Identity Development

1. **Conformity** – People of color in the U.S. are often raised to value white Euro-American culture and devalue their own groups.
2. **Dissonance** – People of color often have an encounter with racism or discrimination that moves them into a stage of dissonance.
3. **Resistance and Immersion** – Some people of color will enter a stage of resistance when they immerse themselves in their own culture and experience anger about oppression.
4. **Introspection** – Some people of color will move toward a more individualized stage of reflection that embraces autonomy as well as group membership.
5. **Integrative Awareness** – This stage of development allows people of color to appreciate their own group as well as members of other groups.

(Atkinson, Morten, & Sue, 1998; Sue & Sue, 2016)



Racial / Cultural Identity Development

Take Away Messages

- ▶ This provides a framework to help therapists assess clients identity development
- ▶ Interventions can be tailored to stages of development
- ▶ Different interventions can be used to process current experiences and to move toward subsequent stages of development
- ▶ Psychoeducation can be used to help clients understand their experiences



Social Location, Privileges, & Oppression

Worell & Remer (2003)

- **Social Location** is a conceptual framework that explores how individuals' identities intersect with systems of power and privilege, shaping their experiences of privilege or oppression within society.
- Identifies various social locations or dimensions of identity, including gender, race, ethnicity, socioeconomic status, sexual orientation, age, ability, and religion.
- Emphasizes that individuals occupy multiple social locations simultaneously, and their experiences of privilege or oppression are influenced by the intersectionality of these identities.



Social Location, Privileges, & Oppression

Worell & Remer (2003)

- Encourages individuals to critically examine power dynamics and advocate for social justice and equity.
- Underscores the importance of addressing systemic inequalities to create a more just and inclusive society.



Privilege

- Privilege refers to the *unearned advantages or benefits* that individuals receive based on their *social locations*.
- **Types of privilege:** White privilege, male privilege, heterosexual privilege, able-bodied privilege, high education, English-speaking, etc.
- **Example:** A white person may experience privilege in society due to their race, receiving preferential treatment or opportunities.



Oppression

- Oppression refers to the *systemic discrimination and disadvantages* faced by *marginalized groups*.
- **Types of oppression:** Racism, sexism, homophobia, ableism, ageism, etc.
- **Examples:** Women of color may face intersecting forms of oppression due to their race and gender, experiencing discrimination in multiple aspects of life.





Reflecting on Personal Experience

Can you think of one area of privilege or one area of oppression that you have experienced in your own life?

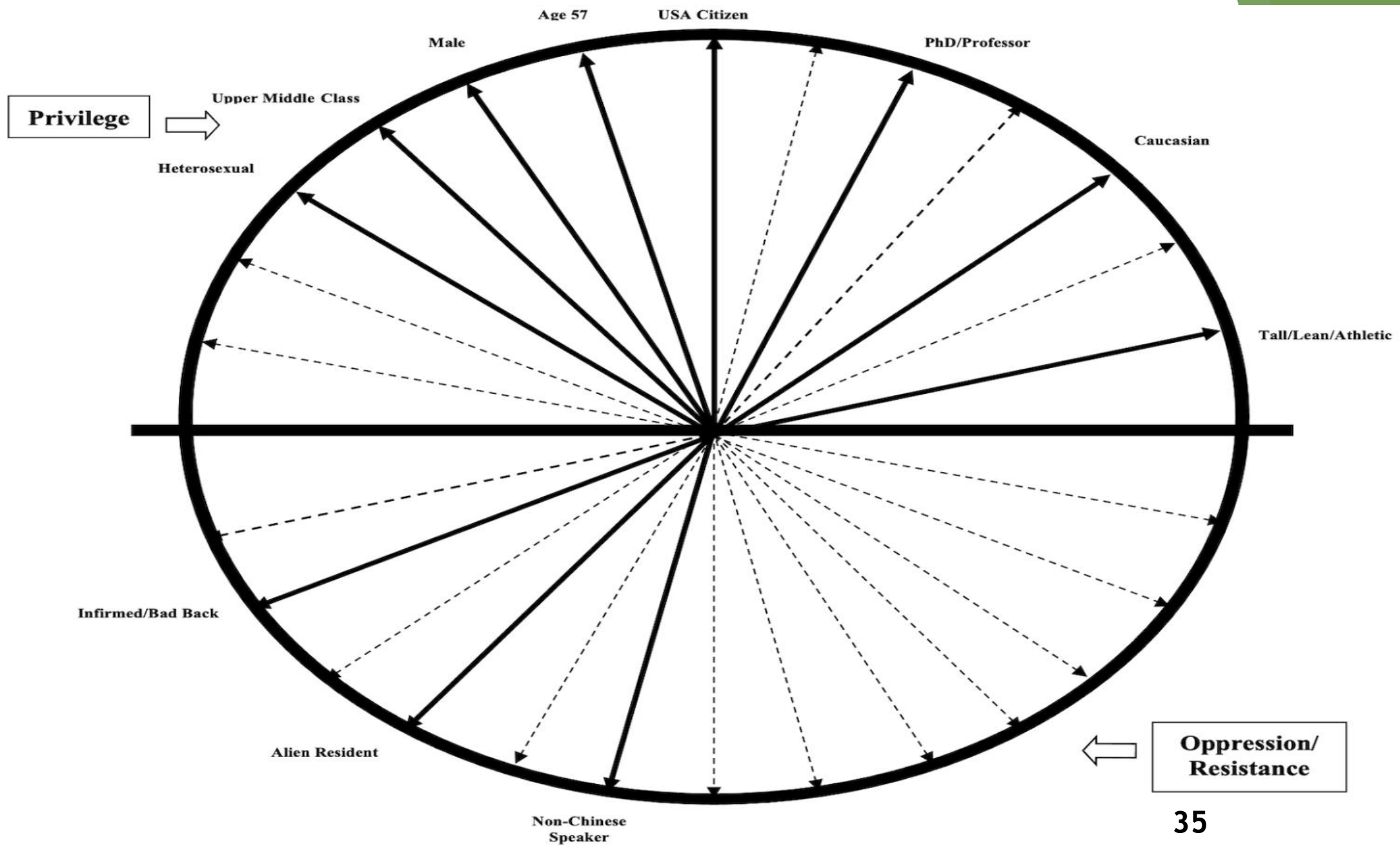
Please feel free to share your reflections in the chat section of the webinar dashboard.



Intersectionality

- **Intersectionality** emphasizes how individuals' multiple social identities intersect to create unique experiences of privilege and oppression.
- **Example:** An individual's experience of privilege or oppression is influenced by the intersection of their race, gender, sexuality, and other social identities.
- Please see the diagram in the next slide.





Power is the Underlying Factor

Power determines resources arrangement, which creates privileges and oppression among people.



Acculturation Theory

Berry (1997)

- ▶ **Acculturation Theory** emphasizes the dynamic and multifaceted nature of acculturation, recognizing that it involves both the **culture of origin** (heritage culture) and the **culture of the new environment** (host culture).
- ▶ Acculturation occurs when two or more cultural groups come into contact.
- ▶ Provides a framework for understanding how individuals adapt to a new cultural context.



Acculturation Theory

Berry (1997)

- **Acculturation Theory** considers the degree to which individuals engage in cultural maintenance (preserving their heritage culture) and cultural contact (interacting with the new culture). These dimensions influence acculturation outcomes and individuals' sense of well-being.
- Proposes a *bidimensional model* and *four acculturation strategies* to conceptualize acculturation orientations.



Acculturation is a Bidimensional Model

Dimension 1: Retention or rejection of one's original cultural identity

- **Retention:** Maintaining cultural values, beliefs, and practices

Dimension 2: Adoption or rejection of the dominant / host culture

- **Adoption:** Embracing the cultural norms and practices of the host society



Four Strategies of Acculturation

- **Integration:** Maintaining one's original culture while adopting aspects of the host culture. Considered the most favorable strategy for positive psychological outcomes
- **Assimilation:** Adopting the host culture and rejecting the original culture. Often seen as a "melting pot" approach
- **Separation:** Maintaining the original culture and rejecting the host culture. Often facilitated by immigration to ethnic communities
- **Marginalization:** Rejecting both the original and host cultures. Considered a maladaptive strategy with least favorable outcomes



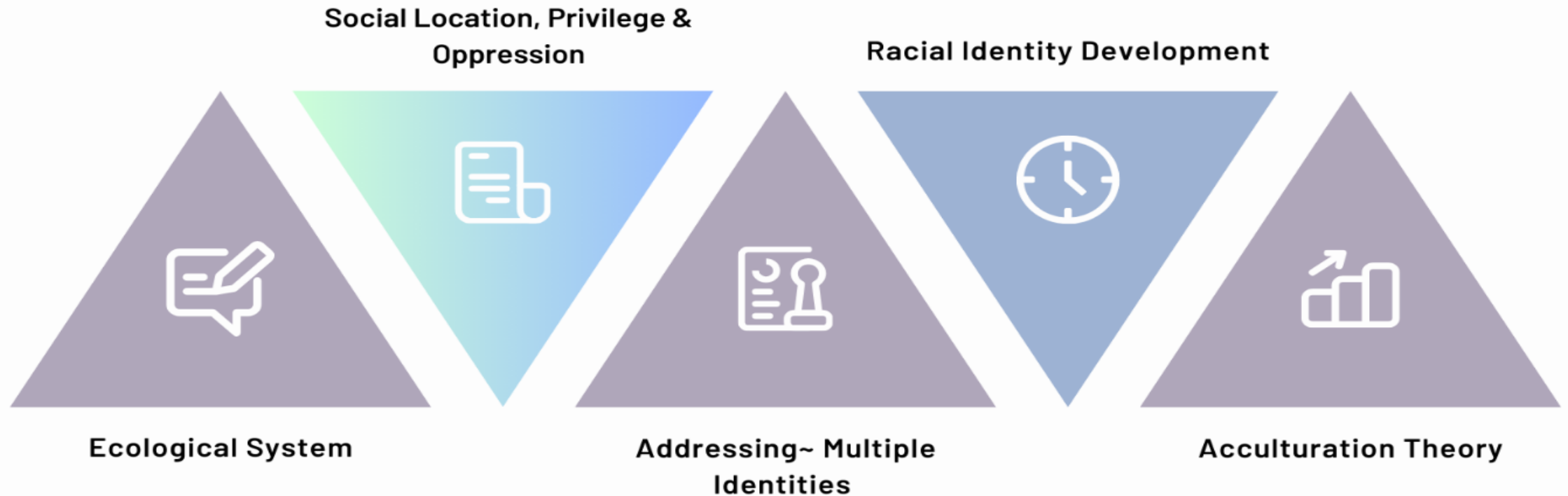
Berry's Acculturation Theory

Take Away Messages

- Understanding acculturation strategies and their impacts on psychological adaptation and well-being
- Informing interventions and support services for individuals undergoing acculturation
- Promoting cultural awareness and sensitivity in counseling and mental health setting



A Comprehensive Framework of Cultural Conceptualization





**Do you have any questions or comments
about cultural conceptualization?**



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C. Working Culturally and Interactively with Cognition, Emotion, and Behavior



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Cultural Adaptation

- ❖ Individual psychotherapy cannot directly impact the cultural macrosystem within which an individual functions.
- ❖ Instead, psychotherapy encourages clients to adopt adaptive cultural practices and values that help them adjust to cultures and subcultures.
- ❖ **Adaptive Cultural Practices** allow people to adjust to a variety of contexts without violating internal values and help people respond to discrimination.
- ❖ **Adaptive Cultural Values** allow individual to appreciate their own cultural group as well as respecting others.

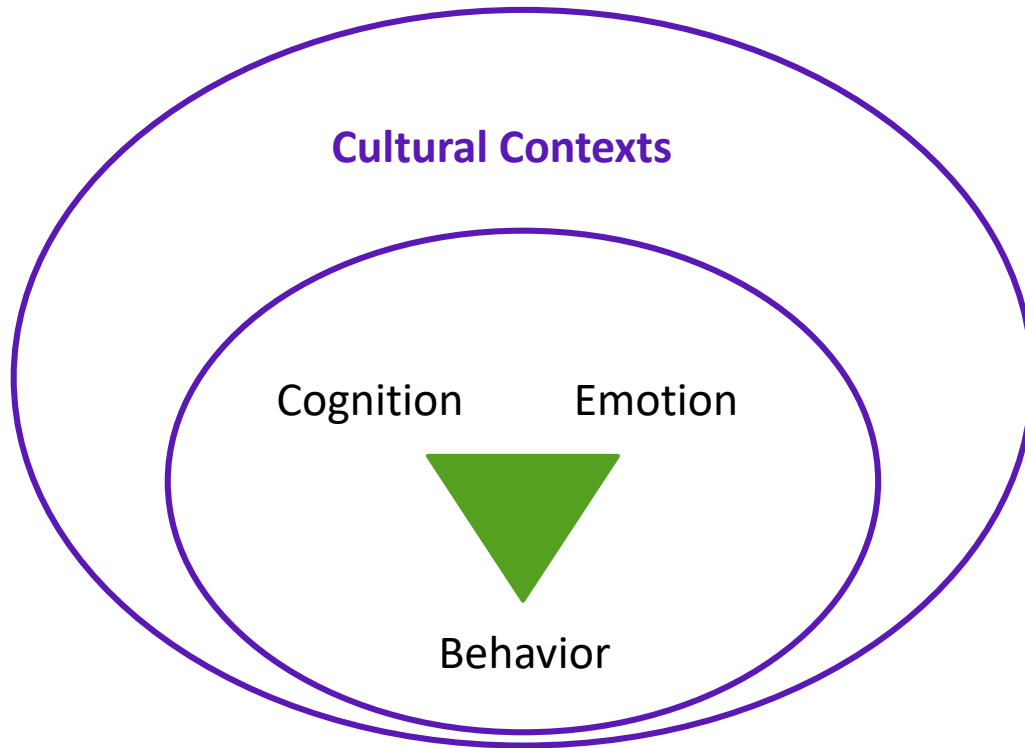
Brooks-Harris (2008) p. 82



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Cultural Adaptation

Cultural adaptation involves embracing more adaptive ways of *thinking, feeling, and acting* within the current cultural context in a way that is true to one's own worldview and cultural identity.



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Example of Cultural Impact on Current Functioning

Internalized Social Messages

Many dysfunctional patterns are learned from cultural contexts. Some people internalize societal messages in a rigid manner that causes problems. **Toxic masculinity** is an example of the way societal norms can be embraced in a way that causes psychological problems.

Thoughts:

I must always be strong and self-sufficient.
I can never let my guard down.

Feelings:

Fear of vulnerability.

Actions:

Avoidance of emotional vulnerability.
Exaggerated demonstrations of strength and aggression.



More Adaptive Functioning

What would be a more adaptive pattern for an American male?

	<i>Maladaptive</i>	<i>More Adaptive</i>
Thoughts:	I must always be strong and self-sufficient.	
Feelings:	Fear of vulnerability.	
Actions:	Avoidance of emotional vulnerability.	



Example of Cultural Impact on Current Functioning

Acculturative Stress

Another way that cultural contexts can contribute to maladaptive thoughts, feelings, and actions is when adaptation to one cultural environment causes problems adapting to a new context. For example, when people move to a new country, they often experience *acculturative stress* or culture shock. For example, an immigrant may experience acculturative stress in this form:

Thoughts:	I don't fit in here. I will never be accepted.
Feelings:	Discouraged. Lonely. Embarrassed about language skills.
Actions:	Social isolation. Trying to move <i>under the radar</i> .



More Adaptive Functioning

What would be a more adaptive pattern for a recent immigrant?

	<i>Maladaptive</i>	<i>More Adaptive</i>
Thoughts:	I don't fit in here. I will never be accepted.	
Feelings:	Discouraged. Lonely. Embarrassed about language skills.	
Actions:	Social isolation. Trying to move <i>under the radar</i> .	

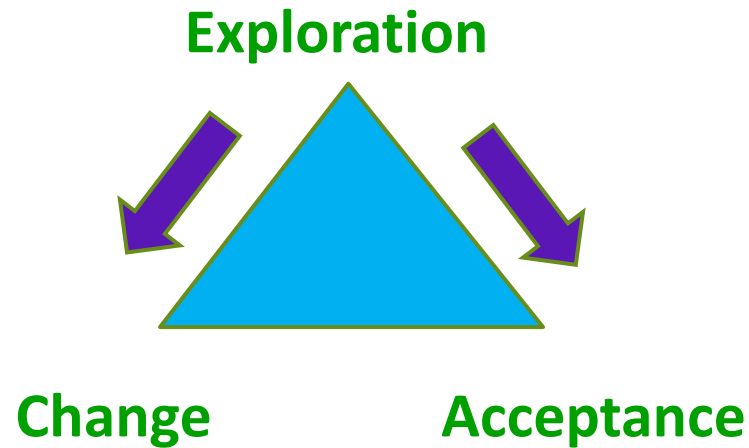


D. Functional Analysis & Guided Discovery



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Cultural Exploration, Change, & Acceptance



Exploring Cultural Patterns and Cultural Roles

- Help clients explore *cultural identity* and identify *cultural roles* that need to be modified.
- Are these cultural roles helping adapt to the current context?

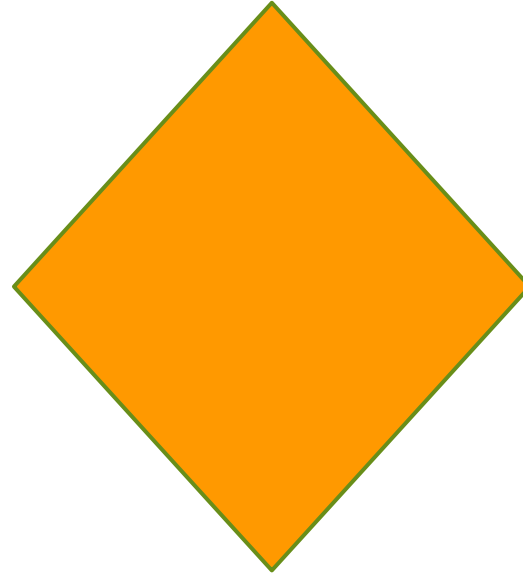
Functional Analysis & Guided Discovery

- ▶ **Functional Analysis** was developed by Behavior Therapists to discern the value and function of specific actions.
- ▶ TUP expands the applicability of functional analysis in a **multidimensional** manner.
- ▶ Integrative psychotherapy explores the functional value of emotions, cognitions, & behaviors.
- ▶ Functional analysis can be applied to developmental, interpersonal, systemic, cultural, and biological processes.
- ▶ For example, is the way you learned to relate to others in your original cultural context still serving an adaptive purpose?



Functional Analysis – General

Explore Current
Description
Functioning



Support Adaptation

(highlight strengths, solutions,
accurate perceptions,
adaptive emotions, etc.)

Accept Reality and
things that can't be changed
(difficult truths,
uncomfortable feelings,
environmental limitations, etc.)

Change Maladaptive Patterns

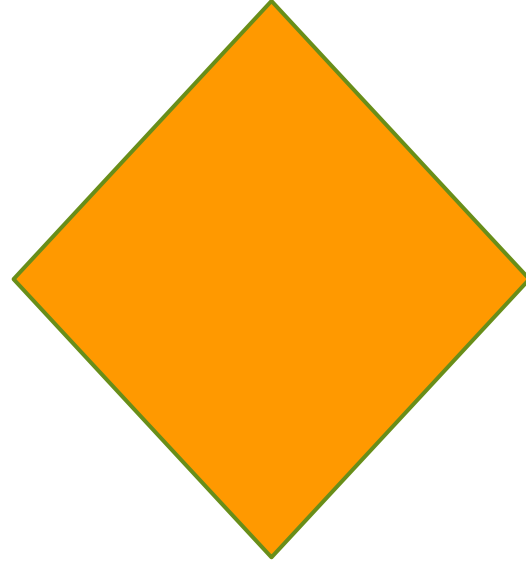
(dysfunctional thoughts,
maladaptive emotions,
ineffective actions, etc.)



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Functional Analysis – Cultural Application

**Explore Current
Functioning**



Support Adaptation

Positive cultural adaptation that encourages personal growth within a particular context.

Accept Reality and things that can't be changed

Cultural contexts are difficult to change and may require acceptance.

Change Maladaptive Patterns

Restrictive cultural roles may make adaptation more difficult.



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**Do you have any questions
or comments about focusing
on culture in psychotherapy?**



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7-Minute Break



E. Foundational Skills for a Cultural Focus



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Foundational Skills for Cultural Psychotherapy

- A. Exploration and Functional Analysis of Cultural Experiences
- B. Guided Discovery to Uncover More Adaptive Functioning
- C. Enacting Adaptation Outside of Psychotherapy



A. Exploration and Functional Analysis of Cultural Experiences

- CUL-1.** Focusing on culture and increasing insight into cultural identity.
- CUL-2.** Understanding the impact of cultural macrosystems and how they impact psychological functioning.
- CUL-3.** Exploring social locations and how they result in privilege and oppression.
- CUL-4.** Reflecting on clients' current attempts at cultural adaptation.
- CUL-5.** Acknowledging painful experiences related to cultural discrimination or microaggressions.



CUL-1. Focusing on culture and increasing insight into cultural identity and its development over time

- ❖ If culture seems to be related to a client's presenting concern, it will be helpful to explore that link and to help the client understand the cultural context of their distress.
- ❖ Cultural identity may shape a client's thoughts, feelings, and actions in a salient manner.
- ❖ Hay's ADDRESSING model may help a psychotherapist focus on parts of the client's cultural identity that are related to the presenting concern.
- ❖ Cultural identity development may also provide a guide for focusing on culture in psychotherapy.



CUL-2. Understanding the impact of cultural macrosystems and how they shape experience and impact psychological functioning.

- ❖ Cultural contexts often shape the way people react to life stressors.
- ❖ If clients are straddling more than one cultural context then the impact of cultural on functioning may be more complex.
- ❖ Exploring clients' sociocultural contexts may highlight beliefs or values that impact their presenting concern and their psychological functioning.
- ❖ Historical context may impact psychological functioning within a cultural community.



CUL-3. Exploring social locations and how they result in privilege and oppression that impacts psychological well-being.

- ❖ One specific way that culture can be understood is by looking at the way different social locations result in privilege or oppression.
- ❖ Experiences of oppression often result in distress.
- ❖ Psychotherapy may help clients avoid self-blame and understand external challenges.
- ❖ Intersectionality creates interacting social locations that impact clients' presenting issues.
- ❖ Analyzing power dynamics will help clients decrease self blame.



CUL-4. Reflecting on clients' current attempts at cultural adaptation and analyzing their functional value.

- ❖ When people move from one cultural context to another or are interacting in different sub-cultures, this prompts a process of adaptation which is often stressful.
- ❖ Different cultures or sub-cultures often require different skills to be successful. The skills that are adaptive in one context may not be valued in another.
- ❖ Psychotherapy can help clients adapt to new contexts by recognizing the challenges and making intentional choices.
- ❖ Acculturation stress has a significant impact when people move between cultures or subcultures.



CUL-5. Acknowledging painful experiences related to cultural discrimination or microaggressions that have been internalized.

- ❖ Discrimination and microaggression can be traumatic and may result in painful emotions including hurt, fear, and anger.
- ❖ Being marginalized can result in internalized racism (or homophobia, sexism, etc.) which may be assumed in the form of negative thoughts and feelings about oneself.
- ❖ Psychotherapy can help explore, challenge, and modify these internalized experiences.
- ❖ Unpacking clients' experiences may help highlight power, privilege, and oppression issues that allow them to understand their experience with a new interpretation of their traumatic reaction.



VIDEO DEMONSTRATION

Mary is an Asian woman in her late 40's who immigrated to the United States in her late teens.

- She is married with three children, aged 12 to 21 years old.
- Mary has been experiencing symptoms of depression and came to see Jeff in outpatient psychotherapy.
- She is dissatisfied with the division of labor in the household.
- Jeff explores the cultural context of Mary's depression within the context of her bi-cultural family system.



VIDEO DEMONSTRATION

A. Exploration and Functional Analysis of Cultural Experiences

CUL-1. Focusing on culture and increasing insight into cultural identity.

CUL-2. Understanding the impact of cultural macrosystems and how they impact psychological functioning.

CUL-3. Exploring social locations and how they result in privilege and oppression.

CUL-4. Reflecting on clients' current attempts at cultural adaptation.

CUL-5. Acknowledging painful experiences related to cultural discrimination or microaggressions.



VIDEO DEMONSTRATION

Which skills did you see Jeff using in the demonstration?

- CUL-1.** Focusing on culture and increasing insight into cultural identity.
- CUL-2.** Understanding the impact of cultural macrosystems and how they impact psychological functioning.
- CUL-3.** Exploring social locations and how they result in privilege and oppression.
- CUL-4.** Reflecting on clients' current attempts at cultural adaptation.
- CUL-5.** Acknowledging painful experiences related to cultural discrimination or microaggressions.



B. Guided Discovery to Uncover More Adaptive Functioning

- CUL-6.** Supporting the way clients are already adapting to new cultures or subcultures
- CUL-7.** Externalizing oppressive messages or values and reframing them from a new perspective.
- CUL-8.** Discovering new ways to effectively adapt to cultures or subcultures
- CUL-9.** Integrating one's unique identity into experience and accepting external realities.



CUL-6. Supporting the way clients are already adapting to new cultures or subcultures in a way that is functional and authentic.

- ❖ Cultural adaptation is an ongoing process.
- ❖ When clients have already made functional adaptations, these can be recognized in psychotherapy and generalized.
- ❖ Exploring strengths may include looking at cultural adaptation strategies and skills to help clients feel empowered and to encourage resilience.



CUL-7. Externalizing oppressive messages or values and reframing them from a new perspective.

- ❖ When clients have heard discriminatory messages that have harmed them, it may be helpful to identify hurtful ideas and to dispute their validity.
- ❖ Identifying oppressive messages and challenging or reframing those messages can be supported by the cultural conceptualization.
- ❖ This brings a new framework into clients' awareness and helps develop meta-cognitive strategies to think about these experiences.
- ❖ Dealing with discrimination may involve processing feelings of protective anger.



CUL-8. Discovering new ways to effectively adapt to cultures or subcultures in ways that allow clients to be true to themselves.

- ❖ Cultural adaptation and authenticity often exist in dynamic tension.
- ❖ Psychotherapy can help clients learn to be true to themselves while adapting to new cultures or sub-cultures.
- ❖ Skill building and exploring options can help clients find their authentic self instead of merely fulfilling social expectations from either the home culture or host culture.



CUL-9. Integrating one's unique identity into experience, being true to oneself, and accepting external realities that cannot be changed.

- ❖ Although cultural adaptation is an important goal, there are limits to this process.
- ❖ It may be necessary to accept that each cultural context has certain qualities that may be uncomfortable, some of which cannot be changed.
- ❖ Integration involves balancing the recognition of external realities and the expression of internal desires.



VIDEO DEMONSTRATION

B. Guided Discovery to Uncover More Adaptive Functioning

- CUL-6.** Supporting the way clients are already adapting to new cultures or subcultures
- CUL-7.** Externalizing oppressive messages or values and reframing them from a new perspective.
- CUL-8.** Discovering new ways to effectively adapt to cultures or subcultures
- CUL-9.** Integrating one's unique identity into experience and accepting external realities.



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VIDEO DEMONSTRATION

Which skills did you see Jeff using in the demonstration?

- CUL-6.** Supporting the way clients are already adapting to new cultures or subcultures.
- CUL-7.** Externalizing oppressive messages or values and reframing them from a new perspective.
- CUL-8.** Discovering new ways to effectively adapt to cultures or subcultures.
- CUL-9.** Integrating one's unique identity into experience and accepting external realities.



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C. Enacting Adaptation Outside of Psychotherapy

CUL-10. Enacting an integrated cultural identity in day-to-day life in the form of functional thoughts, feelings, and actions.

CUL-11. Refining cultural skills in response to new experiences and being functional in different aspects of life.

CUL-12. Working interactively and contextually to support cultural adaptation.



CUL-10. Enacting an integrated cultural identity in day-to-day life in the form of functional thoughts, feelings, and actions.

- ❖ If people are grounded in a cultural identity that acknowledges one's own worldview and respects other cultures, they are able to adapt to different contexts and subcultures.
- ❖ An integrated cultural identity enhances adaptive functioning:
 - ❖ **Thoughts:** I want to be sensitive to this new culture in which I'm living and working. Positive self-talk.
 - ❖ **Feelings:** Hopeful. Cautious. Curious. Respectful.
 - ❖ **Actions:** Observe before taking action. Ask respectful questions. Practice adaptability. Mindful awareness.



CUL-11. Refining cultural skills in response to new experiences and being functional in different aspects of life.

- ❖ As people adapt to new contexts, it is important to gain new skills.
- ❖ Psychotherapy can help clients reflect on experiences related to cultural adaptation and identify more effective actions.
- ❖ Therapists can assess cultural skills and facilitate new skill development.
- ❖ For example, communicating in a work environment in a host country may be very different than in one's home country, or in one type of job to another.



CUL-12. Working interactively and contextually to support cultural adaptation.

- ❖ Supporting clients' cultural adaptation involves working interactively with *cognitions, emotions, & behaviors*.
- ❖ Working contextually involves attending to the way that cultural contexts interact with *developmental, interpersonal*, and *systemic* contexts.
- ❖ Cultural adaptation also involves the way culture shapes *intrapsychic processes* and how cultural interacts with *biological health*.
- ❖ Cultural adaptation involves an ongoing process of cultural problem-solving skills that can be generalized to new environments.



VIDEO DEMONSTRATION

C. Enacting Adaptation Outside of Psychotherapy

CUL-10. Enacting an integrated cultural identity in day-to-day life in the form of functional thoughts, feelings, and actions.

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CUL-12. Working interactively and contextually to support cultural adaptation.



VIDEO DEMONSTRATION

Which skills did you see Jeff using in the demonstration?

CUL-10. Enacting an integrated cultural identity in day-to-day life in the form of functional thoughts, feelings, and actions.

CUL-11. Refining cultural skills in response to new experiences and being functional in different aspects of life.

CUL-12. Working interactively and contextually to support cultural adaptation.





**Do you have any questions
or comments about these foundational
skills for focusing on culture?**



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7-Minute Break



F. Cultural Humility



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Cultural Humility

- ▶ Cultural humility requires practitioners to engage in self-reflection and self-critique as lifelong learners. (Tervalon & Murray-Garcia, 1998)
- ▶ “For a therapist to develop a strong working relationship and conduct effective counseling with a client who is culturally different, the therapist must be able to overcome the natural tendency to view one’s own beliefs, values, and worldview as superior, and instead be open to the beliefs, values, and worldview of the diverse client.” (Hooks et al., 2013, p. 353)



Cultural Humility

- ▶ Cultural humility involves “an attitude of lifelong learning, a commitment to developing cultural awareness and questioning assumptions, respect, and an other-oriented stance to be open to new cultural experience.”
(Zhu et al. 2021, p. 74)





Reflecting on Cultural Humility

There is a natural tendency to view one's own beliefs, values, and worldview as superior

- ▶ Can you identify a part of your own worldview that seems superior to other ways of being?
- ▶ What can you do to counteract this tendency so that it does not negatively impact your work with culturally-diverse clients?





Reflecting on Cultural Humility

Cultural humility involves life-long learning and an other-oriented stance

- ▶ Can you identify a cultural group you would like to learn about or a set of skills that you would like to acquire?
- ▶ What can you do to maintain an other-oriented stance in your psychotherapy practice?



G. Decolonizing Therapy



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Decolonizing Therapy – Jennifer Mullan, 2023

- ▶ **Colonization** refers to the behavioral, psychological, institutional, political, spiritual, interpersonal, and economical methods that have exploited and oppressed Indigenous peoples globally—historically and present day.
- ▶ The dominant Eurocentric lens that guides our practice fails to tell a complete and accurate story of *why people get sick and how they get well*.
- ▶ Mullan suggests that the current approach to mental health is steeped in colonialism.

www.decolonizingtherapy.com



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Decolonizing Therapy – Jennifer Mullan, 2023

- ▶ The existing mental health system serves a very small percentage of people.
- ▶ The current system emphasizes the impact of childhood trauma (important, but *incomplete*) but does not look at *the root of the problem*: **separation**.
- ▶ People in modern, American culture are separated from **land**, their **ancestry, community**, and their **innate joy**.
- ▶ Mullan concludes that personal healing & one's ancestors' experiences are deeply tied together.

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Reflecting on Decolonizing Therapy

- ▶ How have you been impacted by colonization? Do you feel separated from the land, your ancestry, or community?
- ▶ What can you do to help your clients move away from colonization and re-connect to the land, their ancestry, and community?





**Do you have any questions or
comments about cultural humility
or decolonizing therapy?**



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H. Cultural Key Strategies



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Multicultural Key Strategies

- MCUL-1. Viewing Clients Culturally
- MCUL-2. Clarifying the Impact of Culture
- MCUL-3. Creating Culturally-Appropriate Relationships
- MCUL-4. Celebrating Diversity
- MCUL-5. Illuminating Similarities and Differences
- MCUL-6. Recognizing the Impact of Identity
- MCUL-7. Facilitating Identity Development

Brooks-Harris (2008) Chapter 10 (p. 379-395)



Multicultural Key Strategies

- MCUL-8. Appreciating Multiple Identities
- MCUL-9. Highlighting Oppression and Privilege
- MCUL-10. Exploring Societal Expectations
- MCUL-11. Supporting Social Action
- MCUL-12. Integrating Spiritual Awareness
- MCUL-13. Becoming Aware of the Therapist's Worldview
- MCUL-14. Reducing Cultural Biases

Brooks-Harris (2008) Chapter 10 (p. 395-411)



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**Do you have any final
questions or comments?**



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