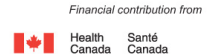


Culturally Adapted CBT For Canadians of South Asian Origin

Conclusion



Culturally Adapted CBT For Canadians of South Asian Origin

Review of Training Modules:

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

Chapter 1: Awareness and Preparation

Module 1: Reflecting on Self-Positionality

- Importance of regular self-awareness and reflection
- Suggestions for self-reflective practice:
 - Diversifying personal/professional networks
 - Participate in active and passive cultural learning
- Embracing discomfort and uncertainty to work with clients of all backgrounds

Chapter 2: Assessment and Engagement

Module 1: Initiating Engagement

- Establish rapport by connecting with the client, instilling hope, and attending to non-verbal cues
- Use culturally appropriate self-disclosure
- Address culture-specific concerns around confidentiality, privacy, and safety with understanding and empathy

Chapter 2: Assessment and Engagement

Module 2: Family and Caregiver Involvement

- Family members can be involved in therapy if client is comfortable
- Develop structure for therapy sessions that include family members
- Collaborative approach is required that respects family hierarchy and structure
- Take time to review considerations for LGBTQ+ clients

Chapter 3: Adjustments to Therapy

Module 1: Specific CaCBT Techniques

- Consider virtual therapy and need for private space
- Alternatives and modifications to homework assignments
- Use of specific techniques, such as the apology technique and triangulation, to communicate with client and family members

Conclusion

- **Culturally Adapted CBT techniques build on standard CBT to effectively enhance mental health treatment for South Asian clients**
- Implementing and improving on the CaCBT techniques you have learned will require practice and regular self-reflection

Creating a safe, equitable space for clients is always the first priority of any psychotherapy.

Culturally Adapted CBT for South Asians – Research Study Results

- Results from the CaCBT for South Asians study informed the development of the manual and training modules
- CaCBT intervention was provided to South Asians with depression/anxiety across Canada
- Compared to South Asians who received standard CBT, those who received CaCBT:
 - Had improved mental health outcomes post-therapy in depression/anxiety symptoms, somatic and disability symptoms*
 - Greater engagement between CaCBT therapist and client
 - Greater satisfaction with therapy

*Results did not reach statistical significance

Culturally Adapted CBT for South Asians – Research Study Results

- CaCBT for South Asians training was provided to therapists from different backgrounds across Canada

Therapists reported:

- **91.66%** average satisfaction with training
- **37%** increase in knowledge of CaCBT concepts
- Significant improvement in knowledge of multicultural counselling skills

Culturally Adapted CBT For Canadians of South Asian Origin

For more details, visit:
www.camh.ca/cacbt

