**Psychotherapy**

- Nonmedical process that helps individuals recognize and overcome their problems
- Method of healing that emphasizes an explicit focus on ______________
- Approaches include . . .
  - Psychodynamic (Freud)
  - Humanistic (Rogers)
  - Cognitive-Behavior Therapy (Beck and Ellis)

**Psychodynamic Therapies**

- Stress importance of . . .
  - Unconscious mind
  - Extensive interpretation by therapist
  - Role of ______________ experiences
- Psychoanalysis (Freud)

**Psychoanalysis**

- Free Association
  - Say aloud whatever comes to mind
  - Catharsis
- Interpretation
  - Search for symbolic, hidden meaning

**Humanistic Therapies**

- Self-understanding and growth
- Emphasis on ______________ capacities
- Client-Centered Therapy (Rogers)
  - Warm, supportive atmosphere
  - Reflective speech
  - Unconditional positive regard, empathy, genuineness
  - Therapist’s role as non-directive
Cognitive-Behavior Therapy

- Combination of . . .
  - Cognitive therapy → Reducing self-defeating thoughts
  - Behavior therapy → Changing behavior

- Self-Instructional Methods
  - Teaching to ________ own behavior
  - Using reinforcing self-statements to take positive steps

Cultural Limitations of Psychotherapy

- All of these therapies are infused with cultural assumptions!!
  - Therefore, they may not be ________ for those of non-European descent

- Cultures differ on
  - What is abnormality
  - Beliefs about the causes of psychological disorders
  - Understanding of the self

Cultural Limitations of Psychotherapy

- To successfully assess behavior a therapist must know, understand, and appreciate the culture of the client.

- Goal of psychotherapy:
  - To help people become more functional within society.
  - ________ determines how we function normally in society!

Psychotherapy Outside the United States

- Psychotherapy exported to other parts of world
  - (Singapore, Pakistan, India, Malaysia, China)

- Combine with essential elements of their culture
  - Incorporating ______________

- Much work needed to:
  - Examine whether psychotherapy is an effective treatments across cultures
Psychotherapy in Diverse Cultures in the United States

- Guidelines for providing mental health services to ethnic minority groups in U.S.
- Cognitive-behavioral therapy adapted for
  - African Americans, Native Americans, Latinos, and refugees
- Mindfulness as framework
  - Enhances cognitive behavioral therapies for Asians

Disparities in Receiving Treatment

- Not all people are equally likely to receive treatment

- Differences based on
  - Economics of the country
  - Age
    - Only 1/3 – 1/2 of adolescents receive treatment
  - Within US: Race
    - African American and Latino adolescents less likely than European Americans
    - Length of treatment differs too

Barriers to Seeking Treatment

- Language barriers:
  - Language proficiency affects use of mental services

- Stigma and mistrust:
  - Stigma associated with mental health services

Barriers to Seeking Treatment

- Beliefs on health and illness:
  - Ex. You should be able to “tough it out”
  - Beliefs about causes of illness

- Social structures and policies:
  - Availability of mental health services, health insurance, and lack of culturally competent services
Treatment Issues

- Considerations for clinician and patient with different cultural backgrounds:
  - Different ways of thinking about illness
  - Language difficulties
    - Mr. or Ms. or use a first name?
  - Variations in communication patterns of different ethnic groups
    - Eye contact?

Culturally Competent Services

- Cultural awareness and beliefs:
  - Sensitive to own personal values and biases

- Cultural knowledge:
  - Knowledge of client's culture, worldview, and expectations required

- Cultural skills:
  - Intervene in manner that is culturally sensitive

Treatment Issues

- Considerations for clinician and patient with different cultural backgrounds:
  - Importance of hierarchy in interpersonal relationships
    - Ex. Father's role as head of the family
    - Expectations of obedience
  - Role of therapist as authority figure
    - Directive or collaborative relationship?
  - Recognizing and involving members of extended family

Culturally Competent Services

- Successful treatment depends on relationship between therapist and client

- Affected by:
  - Cultural or racial __________
  - Similar beliefs and worldviews
Indigenous Healing

- Indigenous healing:
  - Therapeutic beliefs and practices rooted within given culture
  - Primary system of care for many
  - Reliance on family and community
  - Incorporation of traditional, spiritual, and religious beliefs
  - Use of shamans in treatment

An Example of Blending Approaches

- James Gone work with Native Americans:
  - Traditional healing "emphasizes role, relationship, and protocol rather than personal dispositions, or inner states or processes"
  - Understanding traditional ways of healing
  - Integrated into psychotherapy
  - Reframing problems to Native American worldview

A Community Approach to Treatment

- Community psychology recognizes ________ of medical model (treatment directed at individual)
  - Adds emphasis on ecology and social relationships

- Healing-based resources of community aimed not only at individuals but toward ________

Culture and Clinical Training

- Language proficiency, level of acculturation, and cultural influence on symptoms must be considered in development of treatment plan

- McGill University:
  - Examination of cultural assumptions driving theories and practices of contemporary clinicians
  - Emphasis on multicultural backgrounds
  - Emphasis on respect, empathy, and humility