Clinical Applications of Cultural Elements Module Four

Developing Culture Centered Interventions
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October 21, 2020
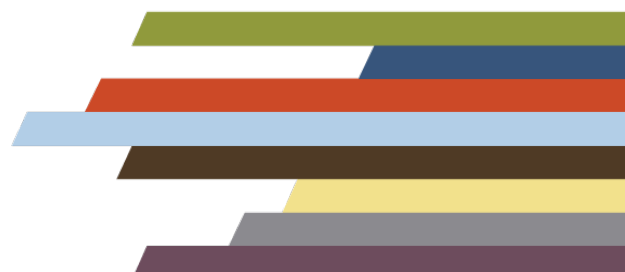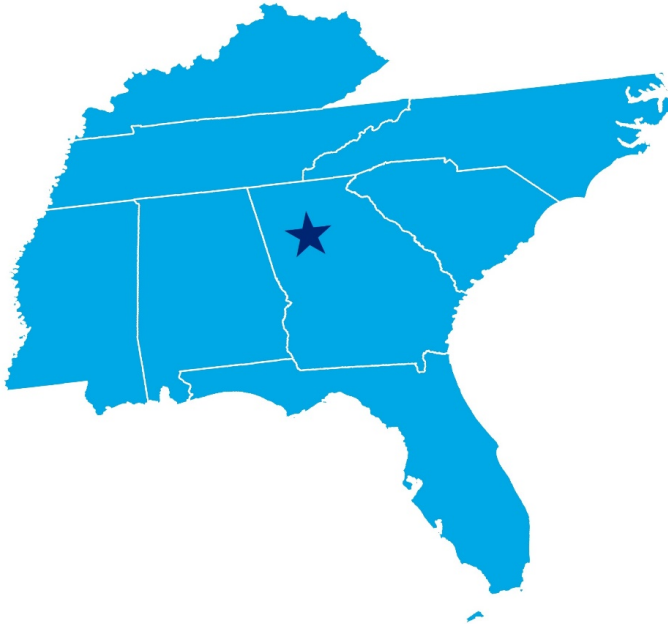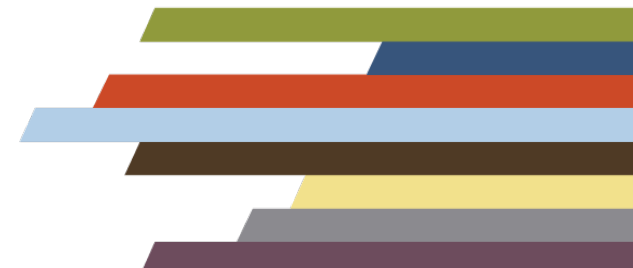
1pm EDT

Southeast (HHS Region 4)

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STRENGTHS-BASED AND HOPEFUL

PERSON-FIRST AND FREE OF LABELS

INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES

NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR AND UNDERSTANDABLE

HEALING-CENTERED/ TRAUMA-RESPONSIVE

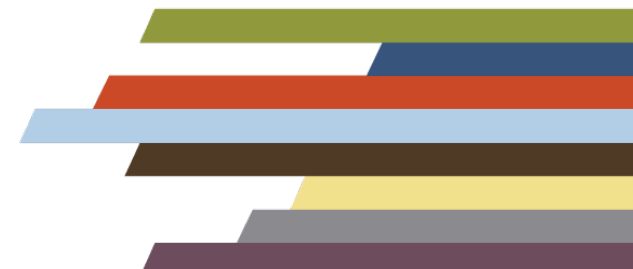CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

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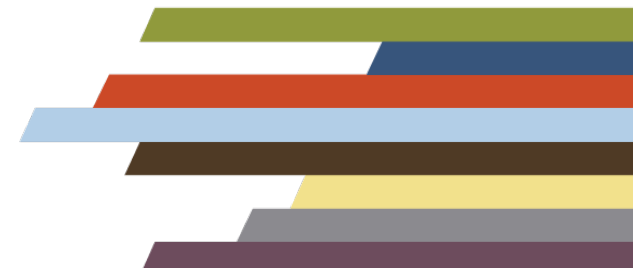Funded by Substance Abuse and Mental Health Services Administration

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Authors Disclose Conflicts of Interest

No conflicts of interest to disclose

Learning Objectives

Goal: This module will provide training on the integration of culturally centered interventions in mental health treatment.

Objectives:

- Apply culturally centered interventions when working with Hispanic and Latino individuals;

- Discuss the eight areas of culturally centered interventions, and will be able to identify specific elements of the Hispanic and Latino population which may need special attention;

- Demonstrate use of the eight culturally centered intervention modifications.

Beliefs abut the Origin of Illness

There are three primary belief systems of the origin of illness:

- Personalistic
- Naturalistic
- Biomedical

Personalistic

- Within a personalistic system of beliefs, the individual may believe that their illness was caused by the intervention of a divine being with special powers.

- It may be caused by retaliation for sins or disrespect to an ancestor.

- It may be believed to be caused by bad luck or karma.

- Its recovery entails the use of ritual and symbolism, often by natural or spiritual healers.

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Naturalistic

Harmony and balance is sought in maintaining health and well-being. When there is not balance, illness results.

Naturalistic treatments increase metabolic health through diet, exercise, and energy balancing treatments.

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Naturalistic Interventions

- Humoral Approach – focuses on attention to diet and activity

- Ayurveda – focuses on exercise, yoga, meditation and massage

- Vitalism – belief is the disease; is the result of an imbalance in the vital energies
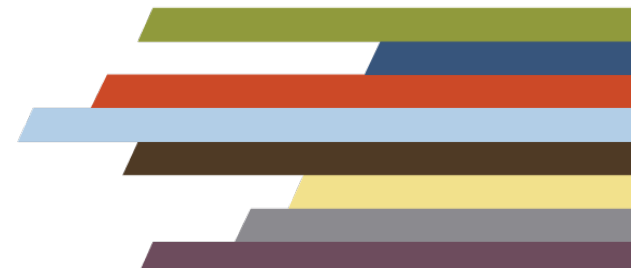
Biomedical Approach

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Biomedicine is a system of beliefs that is summarized by a "body-as-machine" metaphor.

Is frequently used in western medicine.

Focuses on theory, knowledge, and the empirical research of illness in order to advance treatment options.
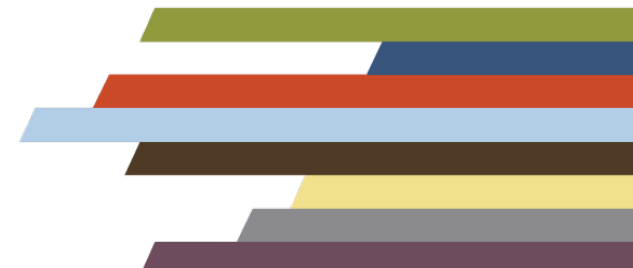
- All cultures have their own combination of these beliefs, which influence their practices.

- Theories of health and illness help clients understand their experience of illness and is the foundation of the basis of their understanding of the need for change.

- Providers who are open and nonjudgmental will be better able to help clients formulate useable plans for treatment.

Culturally Adapted Interventions

Meeting the client where they are requires an integration of the following concepts:

- Client's concept of health
- Client's concept of distress and suffering
- Client's and provider's cultural values
- Diagnosis and assessment of the provider

Ecological Validity Model

- The Ecological Validity Model was created in order to provide a holistic framework to provide treatment.

- Research shows that culturally adapted interventions have lowered rates of premature drop out.
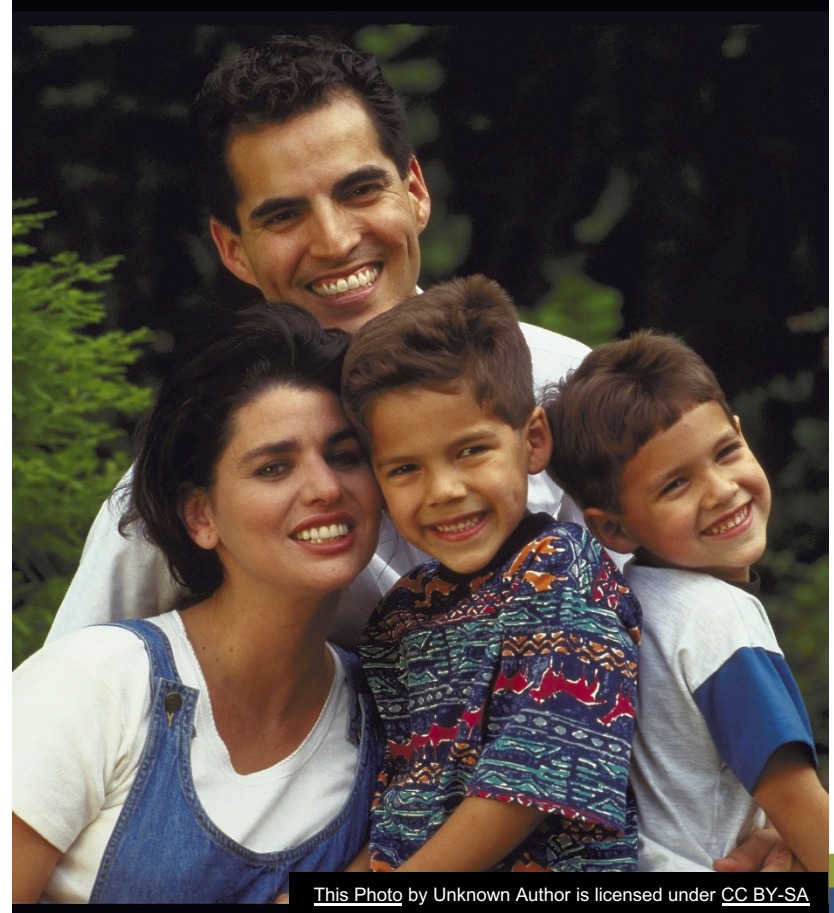
Sources: Flaskerund & Liu, 1991; Takeuchi, Sue & Yeh, 1995, Bernal et al., 1995
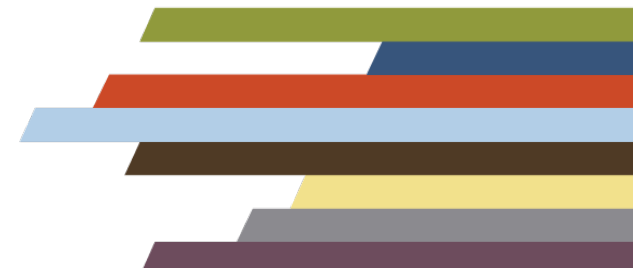
Culture Centered Treatment

The term, culture centered, is used to encourage the use of a "cultural lens" as a central focus of professional behavior.

In culture centered practices, all individuals, including the treatment provider, are influenced by different contexts, including the historical, ecological, sociopolitical, and disciplinary.

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Culture Centered Treatment

The best approach to working within a culture centered context:

Knowledge about specific cultures

+

A "not knowing" stance that

incorporates the cultural and personal

=

This creates the ability to see the specific individual or family norms which impact the individual which may or may not be congruent with the person's color, class, ethnicity and gender, while simultaneously recognizing and respecting culture-specific differences that exist due to color, class, ethnicity and gender.
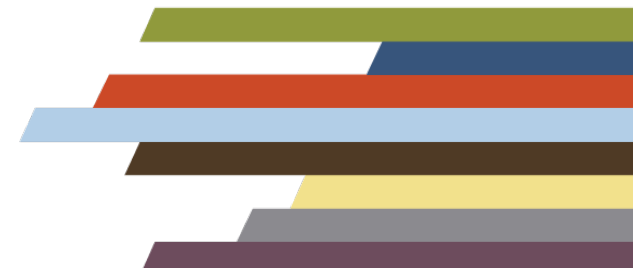
The Ecological Validity Model

There are eight areas in which you can adapt treatment to be more effective with ethnically diverse clients.

- Language
- Persons
- Metaphors
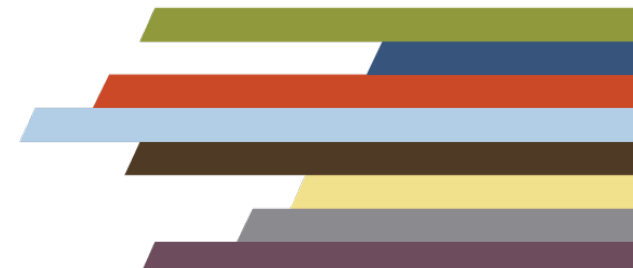- Content
- Concepts
- Context
- Methods
- Goals

Source: Bernal, & Saez-Santiago, 2010

Language

Definition: includes the actual language (e.g., Spanish, English), but it also includes local colloquialisms and idioms that impact the expression and understanding of what is occurring.

- Provides the communication tool for the speaker to communicate concepts which are valued by that culture.
- Individuals are not likely to think of ideas which they cannot express within their culture.
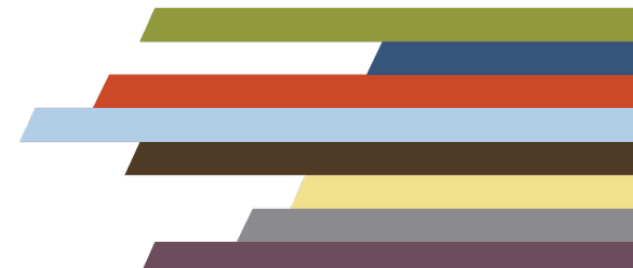- Knowledge of the language usually implies a greater cultural knowledge.

Language

Importance to Hispanic Clients:

- Clients can express themselves better in their native language.

- Local *dichos*, or idioms, can connect cultural metaphors with the client's experience to increase understanding of treatment concepts.

- Language may also indicate acculturation or assimilation levels.

Language

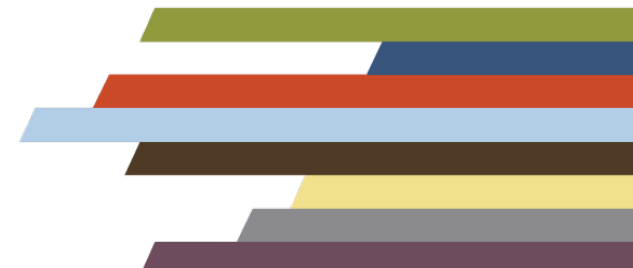**Specific Modifications for the Hispanic and Latino Culture:**

- Appropriate translation/interpretation of communicated information

- The provider should clarify any language imbedded meanings that are conveyed through sayings or metaphors

- Many theories encourage the naming of experiences of distress and suffering in order to reframe and retell these experiences.

Persons

Definition: This concept refers to the individuals that the client expects to be involved in their treatment, and the significance of each of the persons.

- Can mean the significance of the individuals involved in the client's care, including family members, holistic healers, and extended family.

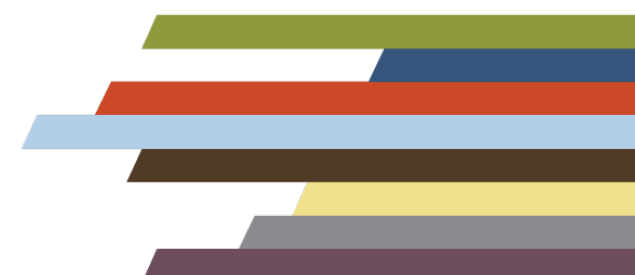- Refers to the client-provider relationship during the intervention.

Persons

Importance to Hispanic Clients:

- Clients may place a high value on *personalismo*, or friendliness.

- Clients may be more likely to place a high level of trust in one professional, instead of relying on multiple specialists.

- The client may not always express disagreement to individuals that are in positions of authority, but then may not follow treatment recommendations.

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Persons

Specific Modifications for the Hispanic and Latino Culture

The provider needs to focus on developing rapport with the patient.

Treatment may include multiple members of the patient-defined family.

Treatment should empower clients, with the provider as a guide.

Provider must remain mindful of the referent power they have.

Metaphors

Definition: This concept refers to the symbols and concepts shared by a particular group.

Help individuals make meanings of new situations based on previous experiences that they have had.

May connect seemingly unrelated situations together due to the similar meanings experienced by the client.
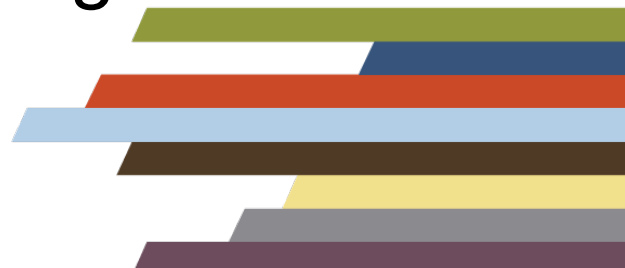
Metaphors

Importance to Hispanic Clients:

- Individuals of power may symbolize oppression or prejudice to the client, which may impact the therapeutic rapport.

- A provider that is attentive to these variables will be able to identify the positive symbols that are helpful for the individual and minimize symbols that negatively impact treatment.

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Metaphors

Specific Modifications for the Hispanic and Latino Culture:

- Treatment needs to explore the patient's story as understood by the patient, including the patient's perception of his or her experience.

- The provider must remain mindful of the differences in the personal involvement (meaning) of the provider and client as an individual or family goes through changes.

Content

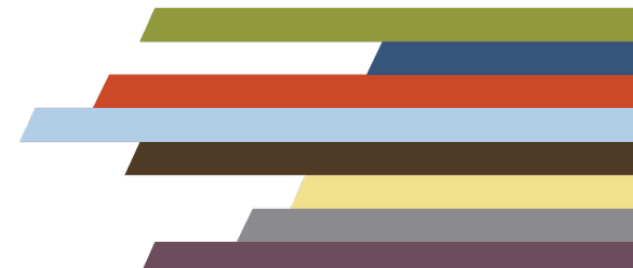**Definition**: refers to the cultural knowledge about values, customs, and traditions.

Each client may be influenced by cultural values, customs and traditions specific to their family, community, and race.

Content

Importance to Hispanic Clients:

- Clients may have unique values, customs and traditions that connect them to their native countries and to their families.

- Being conscious of the impact of cultural content can allow the provider to hear the specific problems and concerns that their clients have in order to address them efficiently.

Content

Specific Modifications for the Hispanic and Latino Culture:

- Treatment needs to be holistic and may need to incorporate spiritual or other elements from the patient's culture.

- Treatment may incorporate values, customs, and traditions. It will increase the amount of comfort and familiarity that the clients have with therapy related tasks.
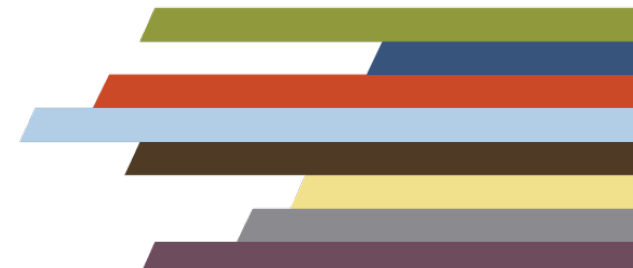
Concepts

Definition: refer to the constructs of the theoretical model that is to be used in treatment.

- Concepts incorporate the provider's understanding of the client's problem, and it involves the client's understanding of that same problem.

- If the provider's and client's understanding of the problem is not conveyed, there may not be an adequate partnership to complete treatment goals.

Concepts

Importance to Hispanic Clients:

- Theories should be used that allow for the integration of the individual's cultural values and beliefs so that they can understand and accept the framework of their problem.

- If the client's understanding of his illness is incongruent with the theory being used, he may not be able to fully participate in treatment.

Concepts

Specific Modifications for the Hispanic and Latino Culture:

- When choosing a theoretical framework to use, ensure that it is consistent with the cultural concepts of the individual that is being served.

- The Cultural Formulation Interview (CFI) of the DSM-5 may be helpful in identifying the cultural concepts that are meaningful for the client.
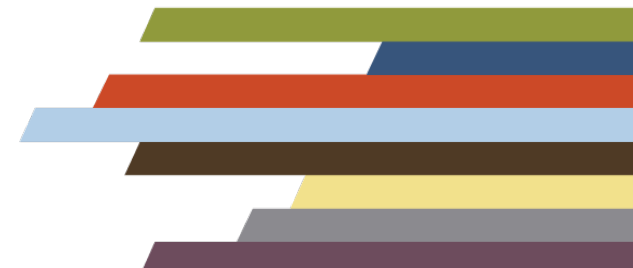
Goals

Definition: refer to the identified desired outcome of treatment.

- Should reflect the client's and provider's understanding of the problem and of the solution.

- Should be specific to the client's problem, attainable for the client by using his current supports and resources, relevant to the client's understanding of his problem, and offered at the right time, based on the client's schedule and needs.

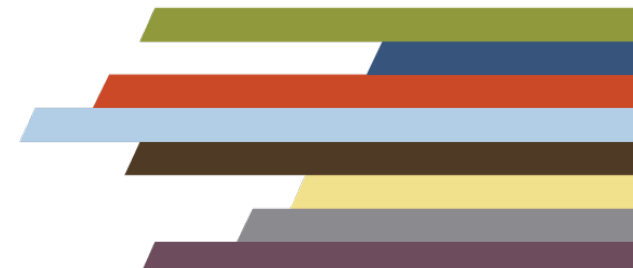- Must be congruent with the client's cultural values.
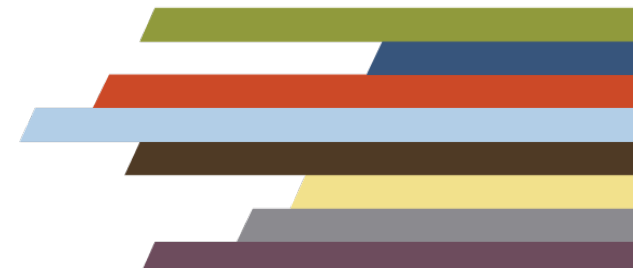
Goals

Importance to Hispanic Clients:

- If a client does not feel that a goal is worthwhile, his motivation for participation will be less.

- Due to *respeto*, Hispanic clients may be less likely to express disagreement with individuals who hold positional power.

Goals

**Specific Modifications for the Hispanic and Latino Culture:**

- Treatment must incorporate values, customs, and traditions that are integrated into the client's understanding of the problem and continue the integration of these concepts through the goal setting process.

- This approach will provide the client with an opportunity to integrate new goal behaviors into existing beliefs.

Methods

Definition: Methods are the procedures to follow in order to achieve therapeutic goals.

Methods incorporate the theory used, but it also incorporates the provision of the assessment, the use of transference and countertransference in the relationship, and the use of specific interventions, such as group or individual treatment.
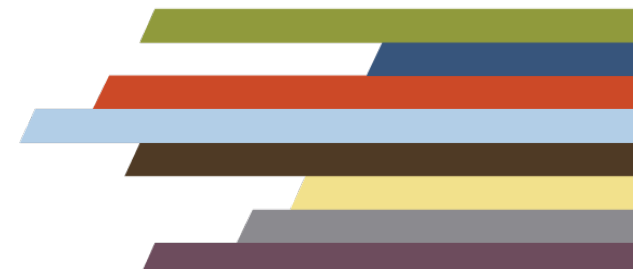
Methods

Importance to Hispanic Clients:

- In treatment, the experience, expression, and explanation of symptomatology is bound to the provider's and client's intersubjective perspective, which is impacted by each person's culture.

- If the method to achieving the goal is not consistent with the client's understanding of his or her symptoms, the client will not follow through with recommendations.

Source: Hardy, Cahill, & Barkham, 2007

Methods

Specific Modifications for the Hispanic and Latino Culture:

- Hispanic and Latino clients may feel more comfortable participating in treatment methods that they are already accustomed to.

- The provider may encourage the client to express their culturally bound behaviors and feelings by way of methods that they are most comfortable with in order to resolve internal and external conflicts.

- Including trusted individuals and offering services in the preferred language can increase client's comfort.

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Context

Definition: considers the client's broader social, economic, and political circumstances.

The context of the intervention impact the client's priorities in completing tasks and in if and how they follow treatment recommendations.
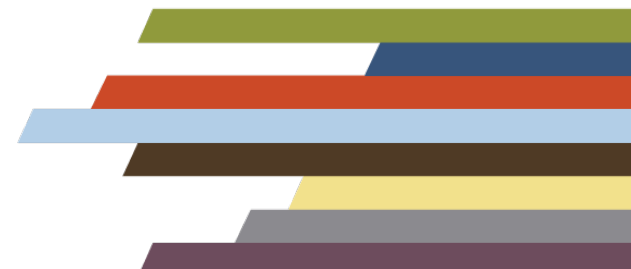
High Context vs. Low Context Culture

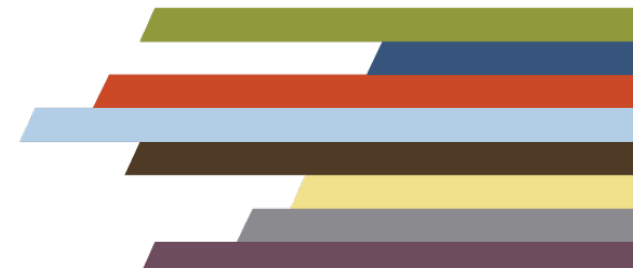| Factor	High-context culture	Low-context culture
Overtness of messages	Many covert and implicit messages, with use of metaphor and reading between the lines.	Many overt and explicit messages that are simple and clear.
Locus of control and attribution for failure	Inner locus of control and personal acceptance for failure	Outer locus of control and blame of others for failure
Use of non-verbal communication	Much nonverbal communication	More focus on verbal communication than body language
Expression of reaction	Reserved, inward reactions	Visible, external, outward reaction
Cohesion and separation of groups	Strong diistinction between ingroup and outgroup. Strong sense of family.	Flexible and open grouping patterns, changing as needed
People bonds	Strong people bonds with affiliation to family and community	Fragile bonds between people with little sense of loyalty.
Level of commitment to relationships	High commitment to long-term relationships. Relationship more important than task.	Low commitment to relationship. Task more important than relationships.
Flexibility of time	Time is open and flexible. Process is more important than product	Time is highly organized. Product is more important than process

Context

Importance to Hispanic and Latino Clients

- Impacts their understanding of the subliminal meanings that are communicated in everyday interactions in the behavioral health setting.

- If the provider does not understand the social, environmental, and economic situations of the client, the intervention may not be feasible for the client.

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Context

Specific Modifications for the Hispanic and Latino Culture

- Context is made up of the client's experience of acculturation, immigration, the client's stage of development, their social supports, and their relationship with their country of origin.

- Treatment needs to focus on developing rapport with the client to create an accepting and supportive environment.

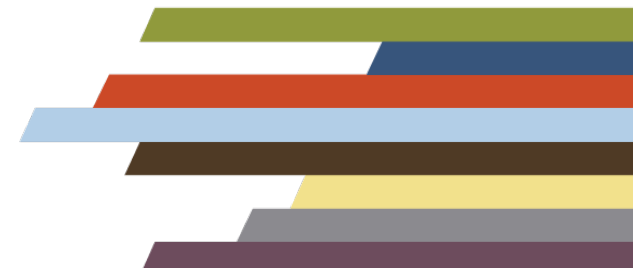# Application

Case Example: Men's Group
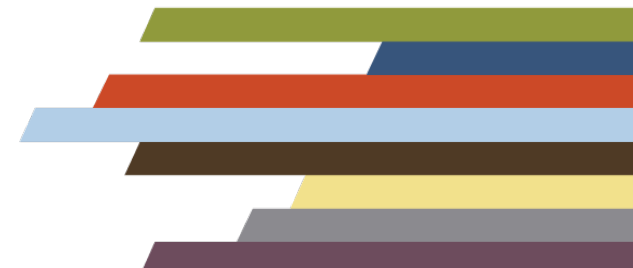
Application – Case Example

- You have been assigned to develop and lead a mandated group of individuals that have been convicted of driving under the influence of alcohol. The population that will attend your group are primarily Mexican men, most who have immigrated to the United States within the last 15 years.

- In the group that you are leading, you have found that a significant number of the men show depressive symptoms and have evidence of Post-Traumatic Stress Disorder. This group is offered by a mental health treatment clinic in a large metropolitan area in the United States.   Your task is to identify culturally appropriate interventions for the group.
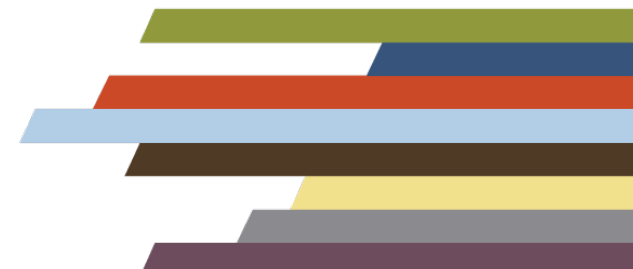
Questions to Consider:

1. How will you identify the cultural needs of the group?

2. Based on the ecological validity model, name four adaptations that you can make in providing the group.

3. How will you measure if these adaptations have been effective?

4. How will you balance the cultural needs of the group with the requirements of the Department of Transportation authorized curriculum?

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