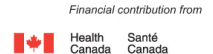


# Culturally Adapted CBT For Canadians of South Asian Origin

## Chapter 2: Assessment & Engagement



## **Module 2: Family and Caregiver Involvement in Therapy**

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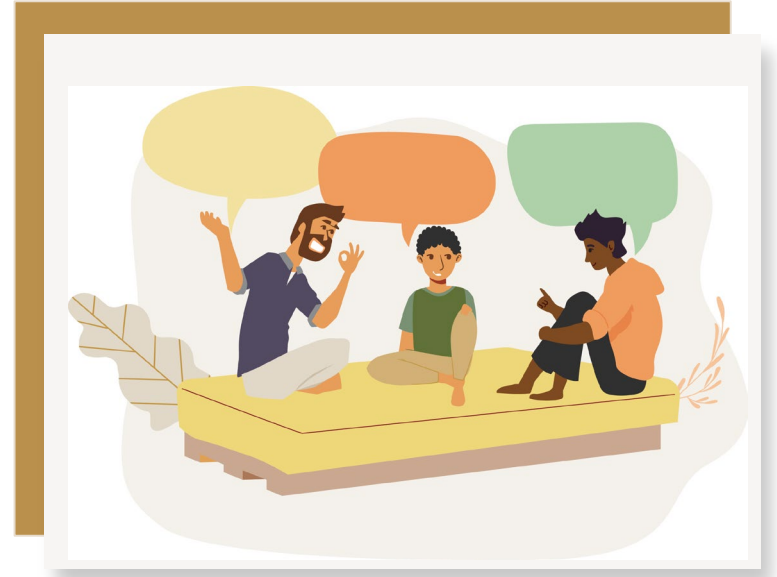
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## LEARNING OBJECTIVE

Determine how to engage family members during CBT treatment for South Asian clients.

## Getting Family Members Engaged in Therapy

- Discuss with client whether this is possible
- Explore family beliefs about mental illness
- Provide psycho-education
- Communication – thoughts vs feelings
- Homework support
- Hopes for therapy process



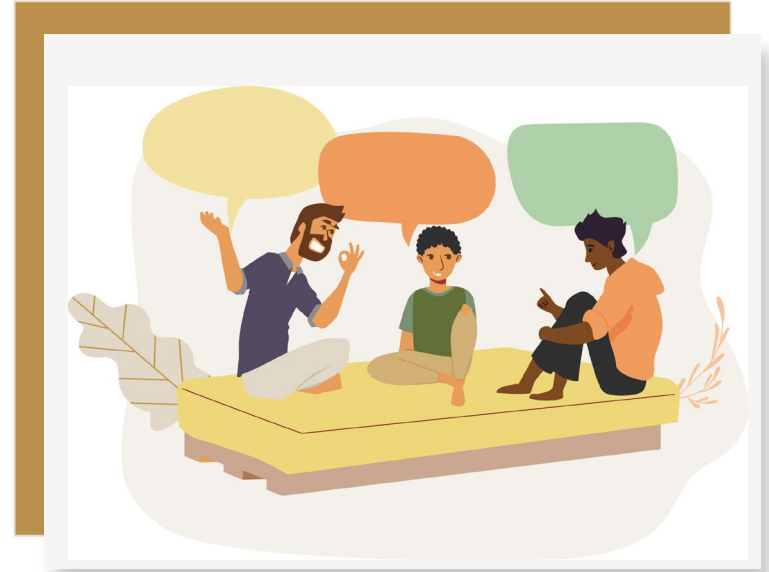
## Getting Family Members Engaged in Therapy (cont'd)

### Steps and Structure

- Establish the purpose
- Build rapport
- Assessment
- Possible questions and psycho-education

### Possible Techniques/Interventions

- Apology technique
- Use of culturally appropriate metaphors for psycho-education
- Discuss applicable religious/spiritual teachings or practices



## LGTBQ+ Considerations

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# LEARNING ACTIVITY

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CASE STUDY – Viti's Story

## Case Study – Viti

Viti is a 46 year-old wife and mother of three children. Her presenting issues were depression and stress from a strained relationship with her eldest daughter. Viti stated that she wants to understand why her daughter rejects her help with her newborn grandchild. Viti also mentions that a few years ago, her daughter married someone from a different religion, which caused a divide in their family. Viti explained that their extended family began to exclude Viti's daughter from any family events or gatherings, and did not attend the wedding. Viti and her therapist discussed the possibility of having her daughter come to one of their sessions. Viti wants to share her regrets with her daughter and see if her daughter would be open to talking things out with her extended family. Viti explained that her daughter does not believe that therapy works but has expressed an openness to attend a session.





## LEARNING ACTIVITY

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After reading the case study of Viti, what are some approaches you would take to engage Viti's daughter in coming to a therapy session?

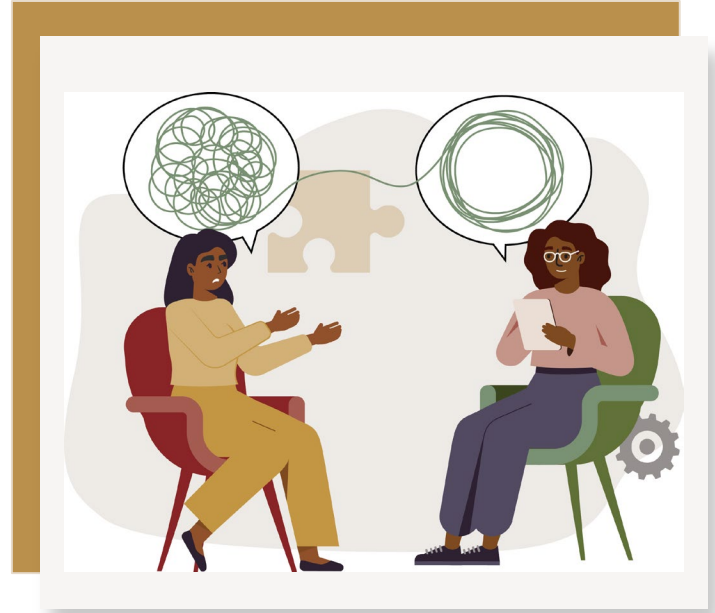
What are some things you would consider in the case formulation?

Think of some helpful techniques that would be useful in the session.

## Engaging Family Members to Join a Session - Techniques

### Case Study: Viti

- Discuss confidentiality first
- Explore reservations and questions before beginning therapy session
- Consider pacing and moderation



## Engaging Family Members to Join a Session - Case Formulation

Explore Viti's relationship with:

- Her extended family – cultural expectations, pressures, and influences
- Her daughter – past issues, conflict resolution, others' perspectives
- Herself – depression, beliefs about self and role, communication

Engaging family members in therapy requires mutual respect, collaboration and understanding of privacy and safety concerns. Engagement can be beneficial to the client when relevant cultural and familial norms are taken into consideration.

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