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