

Symposium | Psychotherapy : [Symposium 93] Cultural Perspectives in Psychotherapy: Integrating Traditional and Modern Approaches

📅 Sun. Sep 28, 2025 1:10 PM - 2:40 PM JST | Sun. Sep 28, 2025 4:10 AM - 5:40 AM UTC 🏛️ Session Room 2 (Main Hall B)

[Symposium 93] Cultural Perspectives in Psychotherapy: Integrating Traditional and Modern Approaches

Moderator: Itsuo Asai (Heart Clinic Medical Corporation), Yukie Kurumiya (The Chicago School)

[SY-93-05] Cultural Pathways in Mental Health Care: The Role of Traditional Healers and Spirituality

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Traditional healing practices remain an integral part of mental health care in many cultural contexts, offering support through spiritual and indigenous frameworks. However, integrating these approaches with modern psychiatric care presents challenges, including differing explanations of illness, treatment expectations, and communication barriers. Since no single practitioner can be expected to fully understand every cultural belief system, collaborating with stakeholders and having interdisciplinary dialogue becomes essential. Ethical considerations, respect for diverse healing traditions, and the development of culturally inclusive mental health models are key to ensuring equitable access to care while maintaining clinical effectiveness.