

Symposium | CFI : [Symposium 83] Cultural Formulation Interview (CFI) Symposium 2

 Sun. Sep 28, 2025 9:00 AM - 10:30 AM JST | Sun. Sep 28, 2025 12:00 AM - 1:30 AM UTC  Session
Room 6 (Conference Room B)

[Symposium 83] Cultural Formulation Interview (CFI) Symposium 2

Moderator: Valerie DeMarinis (Innlandet Hospital Trust, Norway; Umeå University, Sweden), Simon Groen (De Evenaar Center for Transcultural Psychiatry)

[SY-83]

Cultural Formulation Interview (CFI) Symposium 2

Simon P.N. Groen², Valerie DeMarinis¹, Sigrid Helene Kjørven Haug⁵, Samrad Ghane³, Billy Cleary⁴ (1. Innlandet Hospital Trust, Norway; Umeå University, Sweden (Norway), 2. De Evenaar Center for Transcultural Psychiatry (Netherlands), 3. Parnassus Group (Netherlands), 4. TELL Counseling (Japan), 5. Innlandet Hospital Trust; University of Inland, Norway (Norway))

[SY-83-01]

Analysis of cultural factors for psychodiagnostics: a multiple case study using the Cultural Formulation

*Simon Groen¹ (1. De Evenaar, Center for Transcultural Psychiatry, GGZ Drenthe (Netherlands))

[SY-83-02]

Implementation of the Cultural Formulation Interview (CFI) in Norway

*Valerie DeMarinis¹, Sigrid Helene Kjørven Haug¹ (1. Innlandet Hospital Trust, Norway; Umeå University, Sweden (Norway))

[SY-83-03]

A sociological critique of the Cultural Formulation Interview's operationalization of identity

*Samrad Ghane¹ (1. Parnassia Psychiatric Institute (Netherlands))

[SY-83-04]

Considerations for Implementing the Cultural Formulation Interview (CFI) with TELL Counseling Clients

*William Paul Cleary¹ (1. TELL Counseling (Japan))

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Keywords : Cultural Formulation Interview、 Implementation process of CFI、 clinical contexts in mental health and somatic health、 Conceptual analysis

The importance of including a cultural dimension in assessment and treatment planning processes in mental health contexts and in other healthcare contexts where mental health concerns and strategies play an essential role, has been well documented. Much of this documentation has focused on research related to the Cultural Formulation Interview (CFI) in DSM-5, introduced in 2013. Along the journey of this research, it is only recently that studies have focused on the attempt to implement the CFI into regular clinical routines, and the consequences of these attempts provide new insights and raise new challenges. Also, along this research journey, important critical and conceptual concepts have been raised related to coverage of areas included in the CFI to address the cultural dimension, as well as numerous questions for best addressing the cultural dimension in relation to other healthcare dimensions, and other clinical methods developed to meet this need highlighting differences and similarities to the CFI. This symposium will present examples of studies involving the implementation of the CFI in different cultural and clinical settings and lessons learned from these processes. Other clinical examples for incorporating cultural information in diagnosis and treatment are also presented. Theoretical and conceptual analyses on the cultural dimension in CFI and related concepts and concerns will be an integral part of this symposium in both presentations and discussions.

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[SY-83-01] Analysis of cultural factors for psychodiagnostics: a multiple case study using the Cultural Formulation

*Simon Groen¹ (1. De Evenaar, Center for Transcultural Psychiatry, GGZ Drenthe (Netherlands))

Keywords : Cultural Formulation、 Multiple casestudy、 thematic analysis

The Outline for Cultural Formulation (OCF) introduced in the DSM-IV and further refined in the DSM-5, offers a person-centered approach that integrates culture, context, and the patient's perspective into the diagnosis. The implementation of the CF into clinical practice has remained subject to debate up to the development of the Cultural Formulation Interview (CFI). Clinical case studies have been published in a selected number of journals. We analyzed these clinical case studies in order to provide insight into how cultural aspects are integrated into psychological diagnostics and which elements contribute to the effectiveness of the Cultural Formulation (CF). Through a multiple case study, 30 cases using the CF for the purpose of psychological diagnostics, were analyzed. We applied thematic analysis with a combination of deductive and inductive coding. The analysis of the case studies reveals four key components: the structure and content of the CF, its influence on diagnostic considerations, and the effective elements of the CF. In almost all cases, the CF follows the OCF components. The CFs pay attention to cultural identity, cultural explanatory models, and social factors, leading to more personalized and accurate diagnoses. The study highlights the value of the CF for psychological diagnostics. Recommendations for practice include greater attention to cultural identity, social determinants, and the therapeutic relationship. Future research should focus on the application of the CFI in combination with the OCF when developing a CF.

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[SY-83-02] Implementation of the Cultural Formulation Interview (CFI) in Norway

*Valerie DeMarinis¹, Sigrid Helene Kjörven Haug¹ (1. Innlandet Hospital Trust, Norway; Umeå University, Sweden (Norway))

Keywords : CFI Implementation as CFI process、Initial Staff Training and Ongoing Consultation/Feedback、 Clinical contexts in mental health and somatic health

The presentation first provides a brief overview of research with the core CFI, through five efficacy pilot studies in Norway, encompassing both psychiatric and somatic clinical contexts. Following the positive pilot study results, two of the clinical contexts requested an implementation of the CFI into their routine care procedure. The CFI research team developed an implementation research protocol in coordination with the clinics. The presentation then focuses on the ongoing implementation research at the youth psychiatry context. The research protocol has an organizational approach, meaning that multiple data-gathering processes are used to map interactions among patient, clinical staff, and director levels. Four preliminary results from the ongoing implementation study are discussed. First, in the pilot study and continuing in the implementation study, the experiencing of the CFI for these young persons (of ethnic Norwegian majority population) is a type of intervention in the classical sense, and initial analysis points to the core CFI functioning as a Brief Intervention that sets in motion several intra- and inter-personal processes. Second, the experiencing of the CFI is ongoing and thus it is important to understand that it is a CFI process that is underway and not a single, isolated event. Third, the information shared in the CFI responses is often very personal and often is information not previously asked for or shared in other healthcare contexts. This creates an expectation that the information will be respected and made use of in the treatment process. Failure to do so can have iatrogenic consequences. Fourth, the operationalization of certain types of information from the CFI into treatment planning requires additional training. This training needs to focus on how to deal with symbolic metaphors, embodiment expressions and existential meaning-making clues, in short, information that is not generally a part of healthcare professional training.

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[SY-83-03] A sociological critique of the Cultural Formulation Interview's operationalization of identity

*Samrad Ghane¹ (1. Parnassia Psychiatric Institute (Netherlands))

Keywords : Cultural formulation、CFI、Cultural identity

Social and cultural identity are strongly associated with mental health and well-being, whereas a lack of belonging has been shown to predict poor psychological outcomes across diverse sociocultural contexts. This insight has justified the inclusion of social and cultural identity in the Outline of the Cultural Formulation and the Cultural Formulation Interview (CFI). However, the CFI's operationalization of identity presents several conceptual and methodological limitations. This presentation critically examines three key issues: (1) static conceptualization of identity; the CFI assumes cultural identity is fixed and reliably assessable within a single clinical encounter, neglecting its dynamic and context-dependent nature; (2) overreliance on conscious introspection; the CFI presumes that salient aspects of identity are accessible through verbal articulation, overlooking embodied cultural capital (Bourdieu) and tacit dimensions of selfhood; and (3) limited engagement with intersectionality; while the CFI permits multiple identity facets to emerge, it often elicits a single dimension, failing to capture the complexity of intersecting identities. As an alternative, a process-oriented approach is proposed that centers belonging and allows for an exploration of identity across multiple therapeutic sessions. This shift may better align clinical practice with the fluid and complex nature of social and cultural identity.

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[SY-83-04] Considerations for Implementing the Cultural Formulation Interview (CFI) with TELL Counseling Clients

*William Paul Cleary¹ (1. TELL Counseling (Japan))

Keywords : Cultural Formulation Interview、Mental Health Counseling、International Community、TELL Counseling、Culturally Informed Assessment

Current trends indicate a rising number of foreign nationals in Japan, coinciding with the country's declining population and an expanding international workforce. This shift highlights the growing relevance of the Cultural Formulation Interview (CFI) in mental health services for Japan's diverse international community. To this end, TELL Counseling, a not-for-profit mental health organization, has been a trusted resource in providing mental health support for the international community in Japan for over 50 years.

This presentation explores the intersection of the CFI's theoretical and conceptual framework with TELL Counseling's clinical services. TELL's clinical team of 40 clinicians serves approximately 1,000 unique clients and conducts over 12,000 sessions annually. In TELL's multicultural mental health setting, delivering culturally sensitive and effective care requires thorough initial assessments and well-informed treatment plans.

Attendees will gain insight into how practical adaptations can be developed through TELL's clinical interview processes and assessing the relevance of incorporating the CFI in this context. The presentation will conclude with practical recommendations for optimal integration of CFI questions into TELL's initial assessment and treatment planning stages, as well as recognize some of the existing challenges. This integration aims to enhance consistency and structure alongside establishing clear ethical guidelines in assessing each client's cultural identity, values, and unique social context.