

Symposium | CFI : [Symposium 38] Cultural Competence - essential skills for mental professionals

 Fri. Sep 26, 2025 1:10 PM - 2:40 PM JST | Fri. Sep 26, 2025 4:10 AM - 5:40 AM UTC  Session Room 3 (Large Hall A)

[Symposium 38] Cultural Competence - essential skills for mental professionals

Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

[SY-38-01] Promoting Mental Health Equity through Cultural Competence

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Keywords : Cultural Competence、Structural Competence、Cultural Safety、Cultural Humility

Mental health disparities persist across diverse communities due to systemic inequities, cultural barriers, and inadequate access to culturally responsive care. Cultural competence is a critical framework that encompasses and extends beyond cultural humility, cultural safety, and structural competence to ensure equitable mental health services. This presentation explores the foundational concepts of cultural competence, including its role in mental health assessment, treatment, and systemic implementation. It addresses common misconceptions, emphasizing that cultural competence is not about expertise in other cultures but about the ability to engage cross-culturally with sensitivity and effectiveness. The session outlines key strategies for culturally competent assessment using the DSM-5-TR's Outline for Cultural Formulation and Cultural Contextual Formulation. In treatment, cultural adaptations of psychotherapeutic approaches, such as Acceptance and Commitment Therapy (ACT), can demonstrate the significance of integrating cultural perspectives into care. Systemic barriers, including language accessibility, cultural stigma, and structural discrimination, are discussed alongside organizational strategies and policy recommendations aimed at fostering culturally responsive mental health systems. By implementing standardized training, increasing linguistic inclusivity, and integrating traditional healing practices, healthcare organizations can promote equity in mental health services. Ultimately, cultural competence is an evolving and necessary approach to achieving mental health equity. It requires a commitment to lifelong learning, advocacy for inclusive policies, and sustainable investment in culturally responsive interventions. This presentation aims to provide a comprehensive understanding of cultural competence and inspire actionable steps towards reducing mental health disparities.

Learning Objectives:

1. Define cultural competence and related concepts, including cultural humility, cultural safety, and structural competence, and explain their relevance to mental health care.
2. Identify barriers to culturally competent mental health care and discuss strategies to integrate cultural considerations into clinical practice.
3. Explore the role of systemic and structural approaches in addressing mental health disparities through culturally responsive policies and interventions.