

Symposium | Psychotherapy : [Symposium 16] Cultural Adaptations of Psychotherapies-A Symposium Sponsored by the World Federation for Psychotherapy

2025年9月25日(木) 16:25 ~ 17:55 Session Room 3 (Large Hall A)

[Symposium 16] Cultural Adaptations of Psychotherapies-A Symposium Sponsored by the World Federation for Psychotherapy

Moderator: César A. Alfonso (World Federation for Psychotherapy, President), Norman Sartorius (Advisor to the Board of Directors, World Federation for Psychotherapy)

[SY-16-01] Culturally Responsive Psychotherapy: Integrating Collectivist Values for Enhanced Mental Health Care

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キーワード : Culturally responsive psychotherapy、Collectivist Values、Enhanced mental health、Psychotherapy

Psychotherapy, traditionally based on Western individualistic paradigms, often conflicts with the values of collectivist societies, where interdependence, family harmony, and social roles shape identity and well-being. This lecture explores the necessity of adapting psychotherapy for collectivist cultures. It highlights key cultural influences on mental health beliefs, treatment-seeking behaviors, and therapeutic dynamics. The discussion covers culturally relevant modifications in therapeutic communication, relational framing, family involvement, boundary-setting, and the therapist-client relationship. While adaptations ensure psychotherapy's acceptability and effectiveness, maintaining fidelity to core theoretical principles remains crucial. Drawing from recent research on cross-cultural psychotherapy, this lecture emphasizes evidence-based strategies that enhance therapeutic engagement while preserving the integrity of psychotherapeutic frameworks. By integrating cultural values into psychotherapy, clinicians can foster better therapeutic alliances and outcomes in collectivist societies, ultimately contributing to more inclusive global mental health practices.

References

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