

Symposium | Global Mental Health : [Symposium 69] Global Mental Health in a Polarized World: Building Bridges, Sharing Solutions.

📅 2025年9月27日(土) 14:10 ~ 15:40 🏢 Session Room 5 (Conference Room A)

## [Symposium 69] Global Mental Health in a Polarized World: Building Bridges, Sharing Solutions.

Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

### [SY-69-04] Bridging Cultural and Biomedical Paradigms: An Inter-Modality Approach to Mental Health Services in Ethiopia through Holy Water Practices

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キーワード : Collaborative Care、 Holistic Approaches、 Community Engagement

In Africa, over 80% of individuals seek mental health care from traditional healers, highlighting their vital role in the mental health landscape. This reliance necessitates a collaborative framework that integrates traditional healing practices with biomedical approaches; however, progress remains limited despite advocacy from the UN and WHO. Often, these systems operate in isolation and, at times, in direct opposition to one another. This presentation delves into the complex social and cultural contexts of mental health care in Ethiopia, focusing specifically on the potential synergy between traditional practices, such as Holy Water rituals performed by Orthodox Church priests, and biomedical psychiatry. By examining a case of collaboration between these two modalities, we will analyze the cultural beliefs and practices that shape mental health care in Ethiopia and how these factors influence patient experiences and treatment-seeking behaviors. The presentation will also highlight the unique roles and contributions of both traditional healers and biomedical professionals in addressing mental health conditions, fostering mutual respect and understanding. In addition, we will address the challenges that impede effective collaboration, including stigma, inadequate training, and differing treatment philosophies. Ultimately, we will discuss the benefits of an inter-modality approach, emphasizing the potential for improved patient outcomes, enhanced accessibility of care, and the overall enrichment of mental health services through a culturally attuned, integrative framework. By fostering dialogue between cultural and biomedical paradigms, this presentation aims to illuminate pathways toward a more cohesive and effective mental health care system in Ethiopia, promoting a collaborative approach that respects and incorporates both traditional and modern practices.