

## Symposium

📅 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-16-02] Teaching Cultural Adaptations of Evidence-Based Therapies to Psychiatric Residents in Malaysia**

\*Nik Ruzyanei Nik Jaafar (Hospital Canselor Tuanku Muhriz(Malaysia))

キーワード：Cultural psychiatry、nik ruzyanei、teaching cultural adaptation

The training of cultural adaptations of evidence-based therapies (EBTs) for psychiatric residents in multiethnic Malaysia is essential for ensuring that therapeutic interventions are both effective and culturally respectful. Malaysia's rich diversity encompassing myriad ethnicities, languages, and belief systems, that implementing standardized therapeutic models without adaptation may inadvertently overlook cultural considerations that influence mental health treatment. As such, cultural adaptation in psychotherapy is not only about modifying therapeutic techniques but also about fostering culturally sensitive, competent, and contextually relevant practices. This process requires both an understanding of the multidimensional aspects of culture and integrating these insights into clinical practice.

Teaching cultural adaptations to psychiatric residents must focus on enhancing cultural awareness and competence with the necessary skills. This includes providing residents with the abilities to recognize and respect cultural differences in their therapeutic approach, while maintaining the essential principles of evidence-based therapies. Practical strategies, such as using case vignettes and role-playing scenarios, allow residents to practice these adaptations in a safe, supportive environment. An important exercise is reflective feedback which facilitates self-awareness and deeper understanding of how cultural factors contribute to the therapeutic process.

Furthermore, a collaborative approach by means of engaging community leaders is essential to ensure meaningful adaptations based on the societal values. These give the added benefit of developing residents' leadership skills, in learning to work with miscellaneous groups and incorporate their perspectives into therapeutic decision-making. Moreover, the training process becomes more integrated with the broader social context, ultimately refining the relevance and effectiveness of psychotherapeutic interventions in a multiethnic society.

In conclusion, the cultural adaptation of evidence-based therapies is a crucial component of psychiatric training in Malaysia. By emphasizing cultural competence and promoting collaborative learning, psychiatric residents can meet the needs of the diverse populations they serve, leading to effective and respectful psychotherapeutic care.