

Symposium

📅 Thu. Sep 25, 2025 6:00 PM - 7:00 PM JST | Thu. Sep 25, 2025 9:00 AM - 10:00 AM UTC 🏛️ Session Room 1 (Main Hall A)

[Symposium 21] Culturally Responsive Mental Health Care for Asian College Students in the United States: Dialectical Behavior Therapy Adaptations and Medication Management

Moderator: Dani T. Gonzales (University of Southern California, Keck School of Medicine, Department of Psychiatry), Tiffany Yu Nakamura (University of Southern California, Keck School of Medicine, Department of Psychiatry)

[SY-21]

Culturally Responsive Mental Health Care for Asian College Students in the United States: Dialectical Behavior Therapy Adaptations and Medication Management

Dani T. Gonzales, Tiffany Y Nakamura, Jessica Kim (University of Southern California, Keck School of Medicine, Department of Psychiatry(United States of America))

[SY-21-01]

Culturally Responsive Mental Health Care for Asian College Students in the United States: Dialectical Behavior Therapy Adaptations and Medication Management

*Tiffany Yu Nakamura (University of Southern California(United States of America))

[SY-21-02]

Culturally Responsive Mental Health Care for Asian College Students in the United States: Dialectical Behavior Therapy Adaptations and Medication Management

*Jessica Kim (University of Southern California (USC)(United States of America))

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Dani T. Gonzales, Tiffany Y Nakamura, Jessica Kim (University of Southern California, Keck School of Medicine, Department of Psychiatry(United States of America))

Keywords : Dialectical Behavior Therapy (DBT)、Psychopharmacology、Cultural、Multidisciplinary

The Keck School of Medicine Student Health Center at the University of Southern California (USC) has observed a significant increase in international students from Asia grappling with the complexities of academic pressure and cultural adjustment, often coupled with mental health challenges. This presentation examines the implementation of a multidisciplinary team approach within USC's Student Health Center to address the mental health needs of these students, utilizing Dialectical Behavior Therapy (DBT), an evidence-based therapeutic model. The session will explore the unique mental health struggles faced by international Asian students, particularly in navigating the demands of a U.S. academic environment while contending with cultural stressors. Presenters will provide an in-depth analysis of how DBT has been adapted to meet the specific needs of this population, highlighting key multicultural considerations, barriers to treatment, and successes. Additionally, the presentation will address the role of psychopharmacological interventions and stigma surrounding mental health in Asian communities. Through case examples, the panel will demonstrate how DBT interventions can be modified to support international Asian students at various stages of their college journey—including first-year undergraduates, upperclassmen, and graduate or professional students—with particular attention to cultural nuances and family dynamics that may influence treatment outcomes. Strategies for advocating for higher levels of care and facilitating collaboration with families will also be discussed. By the conclusion of the presentation, attendees will gain a comprehensive understanding of the mental health challenges faced by international Asian students, and the role of culturally responsive care, particularly DBT, in supporting their academic success and well-being within the U.S. higher education system.

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